



GET IN STEP WITH YOUR HEALTH

Make your activity count.

Taking steps toward better health doesn't always mean walking. Other activities can easily be converted into steps using the chart below.* Simply multiply the steps indicated by the number of minutes you were active. For example, 30 minutes of light housework equals 2,272.5 steps (30 minutes x 75.75). Activities not listed below can be calculated using the following equation: Each mile of activity equals 2,000 steps.

Activity	Steps Per Minute	Activity	Steps Per Minute
Aerobics, high intensity	242	Rock climbing, rappelling	242.4
Aerobics, low intensity	106.05	Rope jumping, intense	363.65
Aerobics, water	121.2	Rope jumping, leisurely	242.4
Badminton, recreational	136.35	Rowing, intense	257.6
Basketball, game	242.4	Rowing, moderate	212.1
Basketball, recreational	181.8	Rowing, leisurely	106.05
Bowling	90.9	Running, pushing stroller 5 mph (12 min/mile)	242
Boxing, competitive, in a ring	363.65	Running, 6 mph (10 min/mile)	303
Boxing, non-competitive	181.8	Running, 7 mph (8.5 min/mile)	348
Canoeing, leisurely	121.2	Running, 8 mph (7.5 min/mile)	409
Circuit training	242.4	Running, 9 mph (6.5 min/mile)	455
Cycling, <10 mph, leisurely	121.2	Skating, ice, intense	272.75
Cycling, 11 – 13 mph, moderate	242.4	Skating, ice, leisurely	166.65
Cycling, 14 – 16 mph, intense	303.05	Skating, in-line	363.65
Dancing, fast	136.35	Skating, roller-skating	212.1
Football, recreational	242.4	Skating, skateboarding	151.5
Gardening, heavy	151.5	Skiing, cross-country, intense	272.75
Gardening, moderate	121.2	Skiing, cross-country, moderate	242.4
Golfing, walking, no cart	136.35	Skiing, cross-country, leisurely	212.1
Golfing, with a cart	106.05	Skiing, downhill or water	181.8
Golfing, miniature or driving range	90.9	Snow shoveling or snowshoeing	181.8
Gymnastics	121.2	Soccer, game	303.05
Handball, game	363.65	Soccer, recreational	212.1
Hockey, ice or field	242.4	Softball or baseball	151.5
Horseback riding, leisurely	75.75	Squash	363.65
Horseback riding, trotting	196.95	Stair-climbing machine	272.75
Housework, vacuuming or mopping floors	106.05	Swimming laps, intense	303.05
Housework, cleaning, intense	121.2	Swimming laps, moderate	212.1
Housework, cleaning, light	75.75	Tai chi	121.2
Jogging	212	Tennis, doubles	151.5
Mowing lawn	166.65	Tennis, singles	212.1
Pingpong	121.2	Volleyball, recreational	90.9
Racquetball, competitive	303.05	Washing the car	90.9
Racquetball, leisurely	212.1	Weightlifting	90.9
Rock climbing, ascending	333.35	Yoga	75.75

*Based on the American College of Sports Medicine's Compendium of Physical Activities.

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