

Activity Converted to Steps per Minute

Please note: Conversions are estimates; your actual steps may vary.

| Activity | Steps / Minute | Activity | Steps / Minute | Activity | Steps / Minute |
|------------------------------------|----------------|---------------------------|----------------|--------------------------|----------------|
| Aerobic dancing class | 127 | Hiking | 172 | Skeeball | 52 |
| Aerobic fitness class | 181 | Hockey, field and ice | 240 | Skiing, light/moderate | 109 |
| Aerobics, low impact | 125 | Horseback riding | 90 | Skiing, cross-country | 114 |
| Aerobics, step | 153 | Horseshoes | 71 | Sledding | 158 |
| Backpacking | 181 | Housework, light | 72 | Snowboarding | 182 |
| Ballet dancing | 120 | Ice skating, general | 84 | Snowshoeing | 181 |
| Baseball | 130 | In-line skating | 190 | Soccer, recreational | 145 |
| Basketball, game | 145 | Jogging | 181 | Softball | 152 |
| Basketball, recreational | 130 | Judo and Karate | 236 | Spinning | 200 |
| Bicycling, easy pace | 130 | Jumping rope, moderate | 250 | Stair climbing, machine | 200 |
| Bicycling, moderate pace | 170 | Jumping rope, fast | 300 | Stair climbing, down | 71 |
| Bicycling, vigorous pace | 200 | Kayaking | 152 | Stair climbing, up | 181 |
| Billiards/pool | 76 | Kickball | 212 | Surfing | 91 |
| Bowling | 71 | Kickboxing | 290 | Swimming, backstroke | 181 |
| Calisthenics | 106 | Lacrosse | 242 | Swimming, butterfly | 272 |
| Canoeing | 91 | Mopping | 60 | Swimming, freestyle | 181 |
| Children's playground game | 136 | Mowing lawn | 120 | Swimming, leisure | 174 |
| Circuit training | 199 | Mountain climbing | 270 | Swimming, treading water | 116 |
| Cooking | 61 | Painting (walls and trim) | 78 | Table tennis | 120 |
| Croquet | 76 | Pilates | 91 | Tae Bo | 250 |
| Dancing | 109 | Punching bag | 180 | Tae Kwon Do | 290 |
| Drill team | 153 | Raking lawn/leaves | 121 | Tennis | 200 |
| Electronic sports, Wii/PlayStation | 91 | Racquetball, casual | 181 | Vacuuming | 94 |
| Elliptical training | 203 | Rock climbing | 244 | Volleyball | 91 |
| Fencing | 182 | Rowing machine | 212 | Walking, stroll | 61 |
| Firewood, carrying/chopping | 60 | Rugby | 303 | Walking, average | 84 |
| Fishing | 91 | Running, 12-minute mile | 178 | Washing a car | 71 |
| Football | 199 | Running, 10-minute mile | 222 | Water skiing | 145 |
| Frisbee | 91 | Running, 8-minute mile | 278 | Waxing a car | 80 |
| Gardening | 80 | Scrubbing floors | 71 | Weight lifting | 67 |
| Golf, carrying clubs | 109 | Scuba diving | 203 | Wrestling | 145 |
| Golf, powered cart | 80 | Shopping | 70 | Yard work | 89 |
| Grocery shopping | 67 | Shoveling snow | 145 | Yoga | 45 |
| Gymnastics | 121 | Skateboarding | 102 | | |

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services