



Activity Conversion Chart

Are you frequently doing an activity other than walking?
Use this resource to convert your daily activity into steps.

Every step counts!

PHYSICAL ACTIVITY	STEPS/MINUTE	PHYSICAL ACTIVITY	STEPS/MINUTE
Aerobics, high / low intensity	190 / 115	Shopping for groceries	60
Aerobics, step / water	145 / 100	Skiing, XC, brisk/ moderate / leisurely	300 / 220 / 110
Badminton, recreational	98	Skiing, downhill, slowly	130
Basketball, game / recreational	220 / 130	Skiing, water	160
Bowling	55	Skipping rope, fast / moderate	285 / 167
Boxing, competitive / non	213 / 131	Snowshoeing	156
Canoeing, leisurely (2.5 mph)	70	Snow shoveling, heavy / moderate	278 / 195
Cycling, 5 mph / 10 mph / 15 mph / 20	55 / 93 / 160 / 200	Soccer, competitive / recreational	195 / 144
Dancing, fast / slow	175 / 55	Squash	205
Elliptical trainer, fast / medium	270 / 200	Stair climbing machine	160
Firewood, carrying / chopping / stacking	176 / 300 / 89	Stair climbing at 26 stairs/min	89
Firewood, sawing with handsaw	113	Stair climbing at 39 stairs/min	133
Gardening, heavy / moderate	155 / 93	Stair climbing at 52 stairs/min	180
Gardening, weeding, (seated/kneeling)	73	Stair climbing at 78 stairs/min	267
Golfing, walking, no cart / with cart	100 / 70	Stair climbing at 91 stairs/min	309
Hiking, no pack / 10 lb load / 30 lb	155 / 180 / 235	Stair climbing at 100 stairs/min	311
Horseback riding, leisurely / trotting	31 / 102	Swimming, 25 yards/min	120
Housework, vacuuming / scrubbing	90 / 140	Swimming, 50 yards/min	225
Housework, mopping / windows	85 / 75	Swimming, 75 yards/min	290
In-line skating, leisurely	84	Swimming, back stroke at 1 mph / 2 mph	111 / 196
Ice skating, competitive / leisurely	170 / 95	Swimming, breast stroke at 1 mph / 2 mph	89 / 178
Kayaking	152	Swimming, crawl stroke at 1 mph / 2 mph	91 / 156
Mowing lawn	135	Swimming, treading water	98
Orienteering	151	Tennis, doubles / singles	110 / 160
Painting (houses, fences, etc)	80	Volleyball, game / leisure	120 / 70
Ping pong	90	Walking in water	49
Racquetball, moderate / recreational	173 / 138	Washing the car / Waxing the car	75 / 100
Rowing, heavy / moderate / leisure	289 / 150 / 75	Weight lifting, abdominal only	64
Running, 10 mph (6 min/mile)	350	Weight lifting, arms / back / legs / shoulders	42 / 80 / 96 / 69
Running 5 mph (12 min/mile)	185	Weight lifting, 40 sec btwn sets 255	255
Running, 6 mph (10 min/mile)	230	Weight lifting, 60 sec btwn sets 190	190
Running, 8 mph (7.5 min/mile)	305	Weight lifting, 90 sec btwn sets 125	125
Scuba diving	190	Yoga	100