



Activity Converted to Steps

Activity	Steps per Minute	F	M
Aerobic dancing (low impact)		142	127
Aerobics (high impact)		189	181
Aerobics step 6-8 inch step		236	218
Aerobics step 10-12 inch step		260	254
Backpacking on hill with under 10 lb load		189	181
Backpacking on hill with 10-20 lb load		212	199
Ballet Dancing		118	127
Baseball		142	127
Basketball (leisurely, non-game)		165	127
Basketball (game)		212	145
Basketball (playing in wheelchair)		165	163
Bicycling		212	199
Bicycling (BMX or mountain)		236	218
Bicycling – Stationary – general		189	181
Bicycling – Stationary – light		142	145
Bicycling – Stationary – moderate		189	181
Bicycling - Stationary – vigorous		283	254
Bowling		71	73
Canoeing		94	91
Chopping Wood		165	145
Circuit Training (general)		212	199
Dancing ballroom (slow)		71	73
Dancing ballroom (fast)		118	109
Dancing Country		118	109
Dancing Disco		118	109
Dancing Line		118	109
Dancing Square		118	109
Dancing Swing		118	109
Elliptical Jogger (medium)		236	218
Football Tackle		236	218
Football Touch/Flag		212	199
Gardening, (heavy)		142	145
Gardening (moderate)		118	109
Golf (general)		118	109
Golfing (riding in cart)		94	91
Horseshoes		71	73
Ice Skating (leisurely)		189	181
In-line skating		200	190
Jogging (general)		189	181
Jogging (in water)		212	199
Judo and Karate		260	254

Jumping Rope (slow)	212	199
Jumping Rope (moderate)	260	254
Jumping Rope (fast)	330	290
Mowing	142	127
Pilates	94	91
Racquetball (casual)	189	181
Racquetball (competitive)	260	254
Rowing	189	181
Running 08 mph (7.5 min/mile)	354	326
Running 10 mph (6 min/mile)	425	399
Scrubbing floors	94	91
Shoveling Snow	165	145
Skiing Cross-country	212	181
Skiing Downhill (moderate to steep)	165	145
Snowshoeing	212	199
Soccer (casual)	189	181
Soccer (competitive)	260	254
Stair climber machine	236	218
Stair climbing – down stairs	71	73
Stair climbing – up stairs	212	199
Swimming backstroke	189	181
Swimming breaststroke	260	254
Swimming butterfly	283	272
Swimming freestyle	189	181
Swimming pleasure	165	145
Swimming sidestroke	212	199
Tae Bo (moderate)	330	290
Tae Bo (vigorous)	401	363
Tae Bo (very vigorous)	472	435
Tennis (doubles)	165	145
Tennis (singles)	212	199
Vacuuming	94	73
Volleyball	118	91
Walking	94	91
Washing the car	71	73
Waterskiing	165	145
Waxing the car	118	109
Weightlifting	71	73
Wrestling	165	145
Yoga	71	54

