

Activities to Steps Conversion Chart

Use this conversion chart to determine the number of steps for activities other than walking. Multiply the number of minutes you participated in the activity by the number indicated in the chart.

Example: If you participated in low impact aerobics for 20 minutes, that would equal 2,900 steps (20 x 145 = 2,900).

(Use only the timed, converted steps for your step count. Don't also include the pedometer steps if you were wearing your pedometer while performing the activity.)

Physical Activity	Number Multiplied by Minutes Spent
Aerobics: low impact	145
Aerobics: high impact	203
Aerobic Dancing	246
Badminton	131
Basketball: recreational	174
Bicycling: leisurely (<15 mph)	116
Bicycling: moderate (> 15 mph)	203
Bicycling: stationary	203
Bowling	87
Canoeing	87
Chopping wood	145
Cross-country skiing	232
Dancing (ballroom, country, line, etc.)	131
Downhill skiing	174
Elliptical trainer	203
Gardening	131
Hiking: general (rough terrain)	172
Hiking (10-20 lb. load)	217
Horseshoes	72
Ice skating	203
Jumping Rope	290
Mowing (push mower)	160
Mopping	101
Nordic Track	232
Painting	78
Pilates	101
Racquetball	203
Raking leaves	125

Physical Activity	Number Multiplied by Minutes Spent
Roller Skating	203
Rowing	203
Running, 6 mph (10 min. mile)	290
Running, 5 mph (12 min. mile)	232
Scrubbing floors	174
Soccer (leisure)	203
Soccer (active)	290
Softball	145
Spinning class	240
Stair climber machine	260
Swimming: breast stroke	290
Swimming: leisure	174
Tennis: doubles	174
Tennis: singles	232
Vacuuming	87
Volleyball	174
Washing the car	87
Water Skiing	174
Waxing the car	131
Water aerobics	116
Weight lifting: arms only	42
Weight lifting: moderate	87
Weight lifting: vigorous	174
Yoga	72