

# Step Conversions

Multiply the number listed by total minutes.

**Note:** Steps/minutes are *estimates*, not actual step rates. Actual steps/minute depend on the specific activity, leg and stride length as well as fitness level. For nonstep activities, step equivalents are determined by the metabolic cost (higher intensity = more steps/minute).

| Activity                                     | Steps/Minute |
|--|--------------|
| Backpacking, uphill, with 21-42 lb load      | 242          |
| Badminton                                    | 136          |
| Basketball — shooting baskets                | 136          |
| Basketball game                              | 242          |
| Bicycling — light (10-11.9 mph)              | 182          |
| Bicycling — moderate (12-13.9 mph)           | 242          |
| Bicycling — vigorous (14-15.9 mph)           | 303          |
| Bicycling — stationary, moderate (150 watts) | 212          |
| Bowling                                      | 91           |
| Canoeing                                     | 106          |
| Circuit training                             | 242          |
| Climbing — rock or mountain                  | 273          |
| Cross-country skiing — light                 | 227          |
| Cross-country skiing — moderate              | 242          |
| Cross-country skiing — vigorous              | 273          |
| Dancing, ballroom — fast                     | 167          |
| Dancing, ballroom — slow                     | 91           |
| Downhill skiing — light                      | 152          |
| Downhill skiing — moderate                   | 182          |
| Downhill skiing — vigorous                   | 242          |
| Fencing                                      | 182          |
| Fishing                                      | 91           |
| Football                                     | 242          |
| Frisbee                                      | 91           |
| Gardening — general                          | 121          |
| Golf — walking and carrying clubs            | 136          |
| Golf — with power cart                       | 106          |

## Step Conversions continued

| Activity                                       | Steps/Minute |
|--|--------------|
| Group fitness class — low impact               | 152          |
| Group fitness class — high impact              | 212          |
| Group fitness class — step, with 6-8 inch step | 258          |
| Group fitness class — water                    | 121          |
| Handball                                       | 364          |
| Hiking, uphill, 0-9 lb load                    | 212          |
| Hockey — field and ice                         | 242          |
| Horseback riding, general                      | 121          |
| Housework                                      | 91           |
| Hunting  | 152          |
| Ice Skating                                    | 212          |
| Inline skating                                 | 364          |
| Jump rope                                      | 303          |
| Kayaking                                       | 152          |
| Kickball                                       | 212          |
| Lacrosse                                       | 242          |
| Lawn bowling, shuffleboard                     | 91           |
| Martial arts                                   | 303          |
| Miniature golf                                 | 91           |
| Ping Pong                                      | 121          |
| Punching bag                                   | 182          |
| Racewalking                                    | 197          |
| Raking lawn and leaves                         | 121          |
| Racquetball                                    | 212          |
| Roller skating                                 | 212          |
| Rowing machine — moderate                      | 212          |
| Rowing machine — vigorous                      | 258          |
| Rugby  | 303          |
| Running — 5 mph (12-minute miles)              | 242          |

## Step Conversions continued

| Activity                           | Steps/Minute |
|------------------------------------|--------------|
| Running — 6 mph (10-minute miles)  | 303          |
| Running — 7 mph (8.5-minute miles) | 349          |
| Running — 8 mph (7.5-minute miles) | 409          |
| Sailing, windsurfing               | 91           |
| Scuba diving                       | 212          |
| Shopping                           | 70           |
| Skateboarding                      | 152          |
| Sledding                           | 212          |
| Snorkeling                         | 152          |
| Soccer                             | 212          |
| Softball                           | 152          |
| Square dancing                     | 136          |
| Squash                             | 364          |
| Stair climbing                     | 273          |
| Stretching                         | 76           |
| Surfing                            | 91           |
| Swimming laps — moderate           | 212          |
| Swimming laps — vigorous           | 303          |
| Swimming leisurely                 | 182          |
| Tai chi                            | 121          |
| Tennis — doubles                   | 182          |
| Tennis — singles                   | 242          |
| Volleyball — leisurely             | 91           |
| Volleyball — competitive           | 242          |
| Walking 3 mph                      | 100          |
| Walking < 2.0 mph                  | 61           |
| Walking 2.0 mph                    | 76           |
| Walking 3.5 mph                    | 115          |
| Walking 4.0 mph                    | 152          |

## Step Conversions continued

| Activity                        | Steps/Minute |
|---------------------------------|--------------|
| Walking 5.0 mph                 | 242          |
| Water jogging                   | 242          |
| Water polo                      | 303          |
| Waterskiing                     | 182          |
| Weight lifting, moderate effort | 121          |
| Weight lifting, vigorous effort | 182          |
| Wrestling                       | 182          |
| Yoga                            | 76           |