

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