



## ACTIVITY CONVERTED TO STEPS

Activity	Steps per minute	
	Male	Female
Aerobics (high impact)	209	189
Aerobics (low impact)	157	142
Aerobics step (10-12 in)	287	260
Baseball	151	142
Basketball (game)	235	212
Basketball (leisurely)	182	165
Basketball (wheelchair)	182	165
Backpacking on hill < 10lbs	209	189
Bicycling	239	212
Bowling	78	71
Canoeing	109	94
Chopping wood	174	165
Cycle (BMX/mountain)	262	236
Cycle-Stationary-lt	157	142
Cycle-Stationary-mod	209	189
Cycle-Stationary-vig	313	283
Dance ballroom	78	71
Dance-Country/Line/Disco	131	118
Dance-Square/Swing	131	118
Elliptical Jogger	262	236
Football Tackle	262	236
Football Touch/Flag	235	142
Gardening (heavy)	157	142
Gardening, (moderate)	131	118
Golf (riding in cart)	104	94
Golf (without cart)	131	118
Ice Skating	218	189
In-line skating	250	200
Jogging (general)	209	189
Jogging (in water)	235	212
Judo and Karate	305	260
Jumping Rope	287	260

CONTINUED



## ACTIVITY CONVERTED TO STEPS

Activity	Steps per minute	
	Male	Female
Mowing lawn	157	142
Pilates	104	94
Rowing	218	189
Racquetball (casual)	209	189
Racquetball (competitive)	287	260
Running (6 min/mile)	470	425
Running (7.5 min/mile)	391	260
Scrubbing floors	104	94
Shoveling Snow	182	165
Skiing cross country	239	212
Skiing downhill	174	165
Snowshoeing	239	212
Soccer (casual)	209	189
Soccer (competitive)	287	260
Stair climber machine	262	236
Stair climbing-down	78	71
Stair climbing-up	235	212
Swimming backstroke	218	189
Swimming breaststroke	305	260
Swimming butterfly	326	283
Swimming freestyle	218	189
Swimming pleasure	174	165
Swimming sidestroke	239	212
Tae Bo (moderate)	366	330
Tae Bo (vigorous)	444	401
Tennis (doubles)	184	165
Tennis (singles)	235	212
Walking	143	133
Washing the car	78	71
Waterskiing	174	165
Waxing the Car	131	118
Weight lifting	120	100
Yoga	65	71