

CONVERTING AN ACTIVITY TO STEPS

STEPS PER MINUTE OF ACTIVITY

Activity	Steps Per Minute			Steps Per Minute	
	Female	Male		Female	Male
Group Exercise class (moderate)	142	127	Kickboxing (moderate)	330	290
Aerobics class (vigorous)	189	181	Kickboxing (vigorous)	401	363
Aerobics step class (6-8" step)	236	218	Kickboxing (very vigorous)	472	435
Aerobics step class (10-12" step)	260	254	Mowing lawn (walking)	142	127
Basketball (leisurely, non-game)	165	127	Pilates	94	91
Basketball (game)	212	145	Racquetball (casual)	189	181
Bicycling (BMX course or hills)	236	218	Racquetball (competitive)	260	254
Bicycling (general)	189	181	Rowing (moderate)	142	140
Bicycling (light)	142	145	Rowing (vigorous)	189	181
Bicycling (moderate)	189	181	Running, 8 mph (7.5 min/mile)	354	326
Bicycling (vigorous)	283	254	Running, 10 mph (6 min/mile)	425	399
Bowling (minutes of movement)	71	73	Scrubbing floors	94	91
Canoeing/Kayaking	94	91	Shoveling snow	165	145
Chopping/stacking wood	165	145	Skiing downhill (moderate to steep)	165	145
Circuit training (Nautilus)	112	99	Skiing Cross-country	212	181
Dancing Ballroom (slow)	71	73	Snowshoeing	212	199
Dancing Ballroom (fast)	118	109	Soccer (moderate)	189	181
Dancing Country	118	109	Soccer (vigorous)	260	145
Dancing Disco	118	109	Stair Climber machine (moderate/steep)	180	175
Dancing Line	118	109	Stair Climber machine (vigorous)	236	218
Dancing Square	118	109	Stair Climber machine (downstairs)	71	73
Dancing Swing	118	109	Stair Climber machine (upstairs)	212	199
Elliptical Jogger (medium)	156	150	Strength Training	71	73
Elliptical Jogger (fast)	210	200	Swimming (freestyle, front crawl)	189	181
Gardening (moderate)	118	109	Swimming (breast stroke)	160	154
Gardening (heavy)	142	145	Swimming (back crawl)	189	181
Golfing (general, no cart)	118	109	Swimming (side stroke)	150	145
Golfing (riding in cart, minutes on feet)	74	71	Tennis (singles)	212	199
Horseshoes	71	73	Tennis (doubles)	165	145
Ice Skating (leisurely)	189	181	Vacuuming	94	73
In-Line Skating	200	190	Volleyball	118	91
Jogging (9/min mile)	225	220	Water Fitness class	142	127
Jogging (10/min mile)	210	200	Waterskiing	165	145
Jogging (in water)	212	199	Washing the car	71	73
Judo and Karate	260	254	Waxing the car	118	109
Jumping rope (moderate)	260	254	Wrestling	165	145
Jumping rope (fast)	330	290	Yoga	71	54