

CONVERSION CHART

Use this conversion chart to **determine the number of steps per minute for activities other than walking.**

Multiply the number of minutes you participated in the activity by the number indicated in the chart.

For example, high impact aerobics for 30 minutes equals 6,090 steps ($30 \times 203 = 6,090$).

2,000 steps equal one mile.

Choose the Physical Activity: Multiply the Time you Spent in that Activity by the number next to the activity = Total Number of Steps

Aerobics: low impact 145

Aerobics: high impact 203

Aerobics: step 246

Badminton, casual 131

Basketball, recreational 174

Basketball, game 230

Bicycling - leisurely 116

Bicycling - stationary 203

Bowling 87

Boxing 348

Canoeing, light 87

Circuit Training 232

Cross-country, skiing, moderate 232

Dancing 131

Downhill skiing 174

Elliptical trainer 203

Football 260

Gardening, light 116

Gardening, heavy 174

Gardening, weeding 131

Golfing (without a cart) 131

Grocery Shopping 67

Handball 348

Hiking, 10-20 lb. load 217

Hiking, 21-42 lb. load 232
Hiking, general 172
Horseback riding 116
Horseback riding, trotting 188
Housework, light 72
Housework, mopping floors 101
Housework, scrubbing the floor 110
Housework, vacuuming 101
Housework, washing windows 87
Ice Skating 203
Jumping rope, moderate 290
Karate 290
Kick boxing 290
Mountain Climbing 153
Mowing 160
Painting 78
Pilates 101
Racquetball, playing recreational 203
Raking Leaves 125
Resistance Training 74
Roller Skating 203
Running, 10 mph (6 min/mile) 463
Running, 8 mph (7.5 min/mile) 391
Running, 6 mph (10 min mile) 290
Running, 5 mph (12 min/mile) 232
Soccer, recreational 203
Soccer, competitive 290
Softball 145
Spinning Class 240
Squash 348
Stair climbing, machine 260
Stair climbing, moderate 334
Stair climbing, slow 232
Stair climbing, vigorous 434
Stretching 72
Swimming, backstroke 203

Swimming, breaststroke 290
Swimming, butterfly 319
Swimming, freestyle 203
Swimming, leisure 174
Swimming, treading water 116
Tae Kwon Do 290
Tai Chi 116
Tennis, doubles 174
Tennis, singles 232
Trampoline 101
Volleyball, game 232
Volleyball, leisure 87
Walking (normal pace) 100
Wash the car 87
Water Aerobics 116
Water Skiing 174
Wax the car 131
Weight lifting, abdominal 64
Weight lifting, arms only 42
Weight lifting, back only 80
Weight lifting, moderate 87
Weight lifting, shoulders 69
Weight lifting, vigorous 174
Yard Work 145
Yoga 72

Source:

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=21376x53303x47091693