



Activities to Steps Conversion Chart

To convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart. For example: 30 minutes gardening x 131 steps/minute = 3,930 steps.

| Activity | Steps/ Minute | | |
|-----------------------------|---------------|---------------------------|-----|
| Aerobics Class | 145 | Martial Arts | 222 |
| Archery | 102 | Miniature golf | 91 |
| Backpacking, uphill | 242 | Mowing (push mower) | 160 |
| Badminton | 136 | Mopping | 101 |
| Baseball | 111 | Painting | 100 |
| Basketball, game | 178 | Pilates | 99 |
| Basketball, recreational | 133 | Ping Pong | 121 |
| Bicycling, 10 mph easy | 133 | Punching bag | 182 |
| Bicycling, 13 mph moderate | 178 | Racquetball, moderate | 156 |
| Bicycling, 15 mph vigorous | 222 | Rock climbing | 244 |
| Billiards/pool | 77 | Rollerblading/skating | 156 |
| Bowling | 87 | Rowing machine, moderate | 111 |
| Boxing, noncompetitive | 131 | Rowing machine, vigorous | 189 |
| Boxing, competitive | 222 | Rugby | 303 |
| Calisthenics | 106 | Running, 8 minute mile | 278 |
| Canoeing | 106 | Running, 10 minute mile | 222 |
| Chopping Wood | 133 | Running, 12 minute mile | 178 |
| Circuit training, general | 178 | Scuba diving | 212 |
| Cleaning house | 78 | Shoveling snow | 133 |
| Climbing, rock or mountain | 273 | Skiing, cross-country | 200 |
| Dancing, aerobic | 133 | Skiing, downhill | 133 |
| Dancing, general | 100 | Sledding | 212 |
| Elliptical machine | 249 | Snowshoeing | 178 |
| Fencing | 133 | Soccer, Recreational | 156 |
| Fishing, sitting | 91 | Softball | 152 |
| Fitness class – low impact | 152 | Spinning class | 240 |
| Fitness class – high impact | 212 | Stair climbing, leisurely | 90 |
| Football | 189 | Stair climbing, vigorous | 267 |
| Frisbee | 67 | Stretching | 76 |
| Gardening | 131 | Swimming, leisurely | 133 |
| Golf, carrying clubs | 122 | Swimming laps, moderate | 212 |
| Golf, cart | 78 | Swimming laps, vigorous | 303 |
| Gymnastics | 89 | Tai chi | 121 |
| Handball | 267 | Tennis, singles | 178 |
| Hiking, general | 172 | Tennis, doubles | 133 |
| Hiking, uphill | 212 | Vacuuming | 87 |
| Hockey | 178 | Volleyball | 89 |
| Horseback riding, general | 102 | Walking, 2 mph | 76 |
| Ice skating | 203 | Walking, 3 mph | 100 |
| Jogging | 156 | Walking, 4.0 mph | 152 |
| Jumping rope, moderate | 244 | Washing car | 100 |
| Jumping rope, slow | 178 | Water aerobics | 89 |
| Kayaking | 152 | Weight lifting | 133 |
| Line dancing | 139 | Yard work | 111 |
| | | Yoga | 89 |

The general recommendation is to walk 10,000 steps per day. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day and would benefit by slowly adding more steps each day until they reach 10,000.