Convert your exercise minutes into steps

Multiply the number of minutes you participated in the activity by the number of steps indicated in the chart. *Note: Conversions are estimates.*



Activity	Steps/min	Activity	Steps/min	Activity	Steps/min
Aerobic dancing class	127	Children's playground game	136	Hiking	172
Aerobic fitness class	181	Circuit training	199	Hiking, orienteering	232
Aerobics, low impact	125	Climbing, rock/mountain	270	Hockey, field and ice	240
Aerobics, step	153	Cooking	61	Home/auto repair	91
Backpacking	181	Croquet	76	Horseback riding	90
Badminton, casual	131	Dancing, class	109	Horseshoes	71
Badminton, competitive	203	Dancing, salsa/country/swing	109	Housework, light	72
Ballet dancing	120	Dancing, party	109	Ice skating, general	84
Baseball	130	Drill team	153	Ice skating, moderate	122
Basketball, game	145	Electronic sports, Wii PS3	91	In-line skating	190
Basketball, recreational	130	Elliptical trainer	203	Jogging	181
Bicycling, easy pace	130	Fencing	182	Judo & Karate	236
Bicycling, moderate pace	170	Firewood-carrying/chopping	60	Jumping rope, fast	300
Bicycling, vigorous pace	200	Fishing	91	Jumping rope, moderate	250
Billiards/pool	76	Football	199	Kayaking	152
Bowling	71	Frisbee	91	Kickball	212
Bowling on the Wii	61	Gardening	80	Kickboxing	290
Boxing, non-competitive	131	Golf, carrying clubs	109	Lacrosse	242
Boxing, competitive	222	Golf, powered cart	80	Miniature golf	91
Calisthenics	106	Grocery shopping	67	Mopping	60
Canoeing	91	Gymnastics	121	Mowing lawn	120
Cheerleading	100	Handball	348	Painting (a room)	78

MoveSpring

Activity	Steps/min	Activity	Steps/min	Activity	Steps/min	
Pilates	91	Sledding	158	Tai Chi	40	
Punching bag	180	Snowboarding	182	Tennis	200	
Raking lawn/leaves	121	Snowmobiling	106	Trampoline	90	
Racquetball, casual	181	Snowshoeing	181	Vacuuming	94	
Racquetball, competitive	254	Soccer, recreational	181	Volleyball	91	
Rock climbing	244	Soccer, competitive	145	Walking, stroll	61	
Rollerblading	156	Softball	152	Walking, average	84	
Rowing	147	Spinning	200	Washing a car	71	
Rowing machine	212	Squash	348	Water aerobics	116	
Rugby	303	Stair climbing, machine	200	Water polo	303	
Running, 12 minute mile	178	Stair climbing, down stairs	71	Water skiing	145	
Running, 10 minute mile	222	Stair climbing, up stairs	181	Waxing a car	80	
Running, 8 minute mile	278	Stretching	15	Weight lifting	67	
Sailing, boat and board	91	Surfing	91	Wrestling	145	
Scrubbing floors	71	Swimming, backstroke	181	Yard work	89	
Scuba diving	203	Swimming, butterfly	272	Yoga	45	
Shopping	70	Swimming, freestyle	181			
Shoveling snow	145	Swimming, leisure	174			
Skateboarding	102	Swimming, treading water	116			
Skeeball	52	Table tennis	120			
Skiing, light/moderate	109	Tae Bo	250	Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.		
Skiing, cross-country	114	Tae Kwon Do	290			