



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	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.