



Step Conversion Chart

Your pedometer works whenever you are taking steps. For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps.

Simply multiply the number of times you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping equals 2550 steps. (30 minutes x 85).

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

| Physical Activity | Steps per minute | Physical Activity | Steps per minute |
|---------------------------------------|------------------|----------------------------------|------------------|
| Aerobics, high intensity | 190 | Running, 10 mph (6 min/mile) | 350 |
| Aerobics, low intensity | 115 | Running 5 mph (12 min/mile) | 185 |
| Aerobics, step | 145 | Running, 6 mph (10 min/mile) | 230 |
| Badminton, game | 150 | Running, 8 mph (7.5 min/mile) | 305 |
| Badminton, recreational | 98 | Scuba diving | 190 |
| Basketball, game | 220 | Shopping for groceries | 60 |
| Basketball, recreational | 130 | Skiing, cross country, intense | 330 |
| Bowling | 55 | Skiing, cross country, moderate | 220 |
| Boxing, competitive, in a ring | 213 | Skiing, cross country, slowly | 110 |
| Boxing, non-competitive | 131 | Skiing, downhill, slowly | 130 |
| Canoeing, leisurely (2.5 mph) | 70 | Skiing, water | 160 |
| Cycling, 10 mph | 93 | Skipping rope, fast | 285 |
| Cycling, 15 mph | 160 | Skipping rope, moderate | 167 |
| Cycling, 20 mph | 200 | Snowshoeing | 156 |
| Cycling, 5 mph | 55 | Snow shoveling | 195 |
| Dancing, fast | 175 | Snow shoveling, heavy | 278 |
| Dancing, slow | 55 | Soccer, competitive | 195 |
| Dancing, socially (rock, disco, etc) | 100 | Soccer, recreational | 144 |
| Elliptical trainer, fast | 270 | Squash | 205 |
| Elliptical trainer, medium | 200 | Stair climbing machine | 160 |
| Firewood, carrying | 176 | Stair climbing at 26 stairs/min | 89 |
| Firewood, chopping | 300 | Stair climbing at 39 stairs/min | 133 |
| Firewood, sawing with handsaw | 113 | Stair climbing at 52 stairs/min | 180 |
| Firewood, stacking | 89 | Stair climbing at 78 stairs/min | 267 |
| Gardening, heavy | 155 | Stair climbing at 91 stairs/min | 309 |
| Gardening, hoeing, moderate | 93 | Stair climbing at 100 stairs/min | 311 |
| Gardening, weeding, (seated/kneeling) | 73 | Swimming, 25 yards/min | 120 |
| Golfing, walking, no cart | 100 | Swimming, 50 yards/min | 225 |
| Golfing, with a cart | 70 | Swimming, 75 yards/min | 290 |
| Handball, competitive | 230 | Swimming, back stroke at 1 mph | 111 |
| Handball, recreational | 142 | Swimming, back stroke at 2 mph | 196 |
| Hiking | 155 | Swimming, breast stroke at 1 mph | 89 |
| Hiking, 10 lb load | 180 | Swimming, breast stroke at 2 mph | 178 |
| Hiking, 30 lb load | 235 | Swimming, crawl stroke at 1 mph | 91 |
| Horseback riding, leisurely | 31 | Swimming, crawl stroke at 2 mph | 156 |
| Horseback riding, trotting | 102 | Swimming, treading water | 98 |
| Housework, general, vacuuming | 90 | Tai Chi | 8 |
| Housework, mopping floors | 85 | Tennis, doubles | 110 |
| Housework, scrubbing the floor | 140 | Tennis, singles | 160 |

| | | | |
|--------------------------------|-----|----------------------------------|-----|
| Housework, window cleaning | 75 | Volleyball, game | 120 |
| In-line skating, leisurely | 84 | Volleyball, leisurely | 70 |
| Ice skating, competitive | 170 | Walking in water, leisurely | 49 |
| Ice skating, leisurely | 95 | Washing the car | 75 |
| Judo, competitive | 185 | Water Aerobics | 100 |
| Mowing lawn | 135 | Waxing the car | 100 |
| Orienteering | 151 | Weight lifting, abdominal only | 64 |
| Painting (houses, fences, etc) | 80 | Weight lifting, arms only | 42 |
| Ping pong | 90 | Weight lifting, back only | 80 |
| Racquetball, competitive | 205 | Weight lifting, legs only | 96 |
| Racquetball, recreational | 138 | Weight lifting, shoulders only | 69 |
| Roller skating, moderately | 173 | Weight lifting, 40 sec btwn sets | 255 |
| Rowing, heavy | 289 | Weight lifting, 60 sec btwn sets | 190 |
| Rowing, moderately | 150 | Weight lifting, 90 sec btwn sets | 125 |
| Rowing, leisurely | 75 | yoga | 100 |

*Adapted from Healthpartners, Inc.

Step Facts

Measure your progress by the number of steps you are covering each day. Generally speaking you can count on 2,000 steps equaling one mile.

- 10,000 steps is considered 5 miles
- 200 steps is about one city block
- 9 holes of golf (walking) equal about 8,000 steps
- Most people will do about 1,200 steps in about 10 minutes

How Active Are You?

| | |
|-------------------|------------------------------|
| Very Inactive | 2,500 Steps or less per day |
| Inactive | 2,501 – 5,000 steps per day |
| Moderately Active | 5,001 – 7,500 steps per day |
| Active | 7,501 – 10,000 steps per day |
| Very Active | 10,001 steps or more per day |

Want to convert your steps to miles per hour (MPH)?

- 120 Steps/min = 3.0 MPH
- 130 Steps/min = 3.5 MPH
- 140 Steps/min = 4.0 MPH
- 150 Steps/min = 4.5 MPH
- 155 Steps/min = 5.0 MPH

Caloric Estimates for 10,000 Steps

| Weight | Caloric Cost |
|--------------------------------|--------------|
| 100 – 119 lbs (45 – 54 kg) | 420 |
| 120 – 139 lbs (54.5 – 63 kg) | 440 |
| 140 – 159 lbs (63.5 – 72 kg) | 460 |
| 160 – 179 lbs (72.5 – 81 kg) | 480 |
| 180 – 199 lbs (81.5 – 90 kg) | 500 |
| 200 – 239 lbs (90.5 – 99 kg) | 520 |
| 220 – 239 lbs (99.5 – 108 kg) | 540 |
| 240 – 259 lbs (108.5 – 117 kg) | 560 |
| 260 – 289 lbs (117.5 – 131 kg) | 580 |

* source: http://www.speakwell.com/well/2002_summer/6.shtml

