



Step Conversion Chart

For or 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. (Adapted from Healthpartners, Inc.)

Physical Activity	Steps per minute	Physical Activity	Steps per minute	Physical Activity	Steps per minute
Aerobics, high intensity	190	Housework, scrubbing the floor	140	Stair climbing at 91 stairs/min	309
Aerobics, low intensity	115	Housework, window cleaning	75	Stair climbing at 100 stairs/min	311
Aerobics, step	145	In-line skating, leisurely	84	Swimming, 23 meters/min	120
Badminton, game	150	Judo, competitive	185	Swimming, 46 meters/min	225
Badminton, recreational	98	Mowing lawn	135	Swimming, 67 meters/min	290
Basketball, game	220	Netball		Swimming, back stroke 1.6kmph	111
Basketball, recreational	130	* Centre	200	Swimming, back stroke 3.2kmph	196
Bowling	55	* GA/GD	167	Swimming, breaststroke 1.6kmph	89
Boxing, competitive, in a ring	213	* WA/WD	150	Swimming, breaststroke 3.2kmph	178
Boxing, non-competitive	131	* GS/GK	100	Swimming, crawl stroke 1.6kmph	91
Canoeing, leisurely (4 kmph)	70	Orienteering	151	Swimming, crawl stroke 3.2kmph	156
Cycling, 16 kmph	93	Painting (houses, fences, etc)	80	Swimming, treading water	98
Cycling, 24 kmph	160	Ping pong	90	Tai Chi	8
Cycling, 32 kmph	200	Racquetball, competitive	205	Tennis, doubles	110
Cycling, 8 kmph	55	Racquetball, recreational	138	Tennis, singles	160
Dancing, fast	175	Roller skating, moderately	173	Volleyball, game	120
Dancing, slow	55	Rowing, heavy	289	Volleyball, leisurely	70
Dancing, socially (rock, disco, etc)	100	Rowing, moderately	150	Walking in water, leisurely	49
Elliptical trainer, fast	270	Rowing, leisurely	75	Washing the car	75
Elliptical trainer, medium	200	Running, 16 kmph	350	Water Aerobics	100
Firewood, carrying	176	Running 8 kmph	185	Waxing the car	100
Firewood, chopping	300	Running, 9.5 kmph	230	Weight lifting, abdominal only	64
Firewood, sawing with handsaw	113	Running, 13 kmph	305	Weight lifting, arms only	42
Firewood, stacking	89	Scuba diving	190	Weight lifting, back only	80
Gardening, heavy	155	Shopping for groceries	60	Weight lifting, legs only	96
Gardening, hoeing, moderate	93	Shovelling	195	Weight lifting, shoulders only	69
Gardening, weeding, (kneeling)	73	Shovelling, heavy	278	Weight lifting, 40 sec btwn sets	255
Golfing, walking, no cart	100	Skiing, water	160	Weight lifting, 60 sec btwn sets	190
Golfing, with a cart	70	Skipping rope, fast	285	Weight lifting, 90 sec btwn sets	125
Handball, competitive	230	Skipping rope, moderate	167	Yoga	100
Handball, recreational	142	Soccer, competitive	195		
Hiking	155	Soccer, recreational	144		
Hiking, 4.5kg load	180	Squash	205		
Hiking, 13.6kg load	235	Stair climbing machine	160		
Horseback riding, leisurely	31	Stair climbing at 26 stairs/min	89		
Horseback riding, trotting	102	Stair climbing at 39 stairs/min	133		
Housework, general, vacuuming	90	Stair climbing at 52 stairs/min	180		

