

# ACTIVITIES CONVERSION CHART

Use this info if you're counting steps and want to convert activities that are not easily measured by the pedometer.

## Number of Steps per Minute

Activity	Steps/Min (Avg)
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### Bicycling

Bicycling (leisurely, 10-11.9 mph)	100
Bicycling (moderate, 12-13.9 mph)	200
Bicycling (vigorous, 14-15.9 mph)	250

### Dancing

Aerobic dancing, low impact	118
Aerobic dancing, strenuously	140
Dancing, choreographed	158
Dancing, socially	93
Line Dancing	139

### Gym Activities

Aerobics (high impact)	182
Aerobics (low impact)	125
Aerobics (moderate)	154
Basketball, game	230
Basketball, playing recreational	138
Boxing, in a ring competitively	213
Boxing, non-competitive	131
Circuit Training	178
Elliptical trainer	203
Gymnastics	89
Handball, recreational	142
Judo	187
Jumping Rope, moderate/fast	244

Jumping Rope, slow	178
Karate	290
Kickboxing	290
Pilates	101
Racquetball	138
Racquetball, playing competitively	198
Rowing, light	111
Rowing, moderate	179
Rowing, vigorous effort	203
Softball	145
Stair climbing, moderate	180
Stair climbing, slow	90
Stair climbing, vigorous	267
Stretching	6
Swimming, leisure	133
Swimming, moderate effort	174
Swimming, treading water	49
Swimming, vigorous effort	222
Tae Kwon Do	290
Tai Chi	8
Water Aerobics	100
Weight lifting, light	66
Weight lifting, moderate	87
Weight lifting, vigorous	133
Yoga	100

### Household Activities

Grocery Shopping	67
Housework, light	72
Housework, mopping floors	51
Housework, vacuuming	101
Housework, washing windows	87
Painting/papering	78
Washing the car	87

### Lawn and Garden

Firewood, chopping	133
Firewood, sawing	113
Firewood, stacking	89
Gardening, heavy	174
Gardening, light	73

Gardening, moderate	116	Shoveling snow, light	133
Hoeing in a garden	96	Shoveling snow, moderate	174
Mowing	160	Skiing, cross-country moderately	164
Raking leaves	125	Skiing, cross-country rapidly	256
Yard Work, general	145	Skiing, cross-country slowly	114
		Skiing, downhill moderate	178
<b>Outdoor Activities</b>		Skiing, downhill rapidly	244
Badminton	100	Skiing, downhill slowly	109
Baseball	111	Snowboarding, light	150
Basketball, game	230	Snowboarding, moderate	182
Basketball, playing recreational	138	Snowshoeing	178
Bicycling (leisurely, 10-11.9 mph)	100	Soccer, playing competitively	218
Bicycling (moderate, 12-13.9 mph)	200	Soccer, recreational	144
Bicycling (vigorous, 14-15.9 mph)	250	Softball	145
Canoeing, leisurely	100	Tennis, doubles	102
Firewood, chopping	133	Tennis, singles	178
Firewood, sawing	113	Volleyball, game	232
Firewood, stacking	89	Volleyball, leisure	87
Fishing, from boat, sitting	56	Walking at a normal pace	100
Fishing, from river bank and walking	111	Washing the car	87
Frisbee, general playing	67		
Gardening, heavy	174	<b>Running</b>	
Gardening, light	73	Running a 6 minute mile	247
Gardening, moderate	116	Running a 7 minute mile	222
Golfing, with a cart	78	Running a 8 minute mile	200
Golfing, without a cart	122	Running a 9 minute mile	184
Hiking, 10-20 lb. load	217	Running, jogging	156
Hiking, 21-42 lb. load	232	Walking at a normal pace	100
Hiking, general	172		
Horseback riding, trotting	102	<b>Sports</b>	
Horseback riding, walking leisurely	31	Badminton	100
In-line skating, moderately	125	Baseball	111
Mowing	160	Basketball, game	230
Orienteering	151	Basketball, playing recreational	138
Rollerblading, moderately	125	Billiards	77
Running a 6 minute mile	247	Bowling	87
Running a 7 minute mile	222	Boxing, in a ring competitively	213
Running a 8 minute mile	200	Boxing, non-competitive	131
Running a 9 minute mile	184	Cricket	111
Running, jogging	156	Fencing	133
Shoveling snow, heavy	278	Football	189

Golfing, with a cart	78	Hiking, general	172
Golfing, without a cart	122	Orienteering	151
Gymnastics	89	Running, jogging	156
Handball, recreational	142	Snowshoeing	178
Hockey	178	Stair climbing, moderate	180
Ice skating, competitively	162	Stair climbing, slow	90
Ice skating, leisurely	84	Stair climbing, vigorous	267
Ice skating, moderately	122	Walking at a normal pace	100
Judo	187		
Karate	290	<b>Water</b>	
Kickboxing	290	Canoeing, leisurely	100
Racquetball	138	Rowing, light	111
Racquetball, playing competitively	198	Rowing, moderate	179
Scuba diving	203	Rowing, vigorous effort	203
Skiing, cross-country moderately	164	Scuba diving	203
Skiing, cross-country rapidly	256	Swimming, leisure	133
Skiing, cross-country slowly	114	Swimming, moderate effort	174
Skiing, downhill moderate	178	Swimming, treading water	49
Skiing, downhill rapidly	244	Swimming, vigorous effort	222
Skiing, downhill slowly	109	Water Aerobics	100
Snowboarding, light	150	Water Polo	222
Snowboarding, moderate	182	Water Skiing	104
Soccer, playing competitively	218		
Soccer, recreational	144		
Softball	145		
Squash	348		
Tae Kwon Do	290		
Tai Chi	8		
Tennis, doubles	102		
Tennis, singles	178		
Volleyball, game	232		
Volleyball, leisure	87		
Water Polo	222		
Yoga	100		

INFORMATION PROVIDED BY:  
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#### Walking

Golfing, with a cart	78
Golfing, without a cart	122
Grocery Shopping	67
Hiking, 10-20 lb. load	217
Hiking, 21-42 lb. load	232