

EXERCISE CONVERSION CHART

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

PLEASE NOTE: Activity Conversions are estimates; your actual steps may vary. The number of steps shown below are per minute.

www.takesteps.univerahealthcare.com/stepChartPop.jsp#cat6

Activity	Steps/Min		
 Bicycling 		Racquetball	138
Bicycling (leisurely, 10-11.9 mph)	100	Racquetball, playing competitively	198
Bicycling (moderate, 12-13.9 mph)	200	Rowing, light	111
Bicycling (vigorous, 14-15.9 mph)	250	Rowing, moderate	179
		Rowing, vigorous effort	203
		Softball	145
 Dancing 		Stair climbing, moderate	180
Aerobic dancing, low impact	118	Stair climbing, slow	90
Aerobic dancing, strenuously	140	Stair climbing, vigorous	267
Dancing, choreographed	158	Stretching	6
Dancing, socially	93	Swimming, leisure	133
Line Dancing	139	Swimming, moderate effort	174
		Swimming, treading water	49
		Swimming, vigorous effort	222
 Gym Activities 		Tae Kwon Do	290
Aerobics (high impact)	182	Tai Chi	290
Aerobics (low impact)	125	Water Aerobics	8
Aerobics (moderate)	154	Weight lifting, light	66
Basketball, game	230	Weight lifting, moderate	87
Basketball, playing recreational	138	Weight lifting, vigorous	133
Boxing, in a ring competitively	213	Yoga	100
Boxing, non-competitive	131		
Circuit Training	178	 Household Activities 	
Elliptical trainer	203	Grocery Shopping	67
Gymnastics	89	Housework, light	72
Handball, recreational	142	Housework, mopping floors	51
Judo	187	Housework, vacuuming	101
Jumping Rope, moderate/fast	244	Housework, washing windows	87
Jumping Rope, slow	178	Painting/papering	78
Karate	290	Washing the car	87
Kickboxing	290		
Pilates	101		

| Lawn and Garden |

Firewood, chopping	133
Firewood, sawing	113
Firewood, stacking	89
Gardening, heavy	174
Gardening, light	73
Gardening, moderate	116
Hoeing in a garden	96
Mowing	160
Raking leaves	125
Yard Work, general	145

| Miscellaneous |

Badminton	98
Billiards	77
Bowling	87
Fishing, from boat, sitting	56
Fishing, from river bank and walking	111
Frisbee, general playing	67
Grocery Shopping	67
Horseback riding, trotting	102
Horseback riding, walking leisurely	31
In-line skating, moderately	125
Jumping Rope, moderate/fast	244
Jumping Rope, slow	178
Mowing	160
Orienteering	151
Painting/papering	78
Pilates	101
Raking leaves	125
Rollerblading, moderately	125
Shoveling snow, heavy	278
Shoveling snow, light	133
Shoveling snow, moderate	174
Tae Kwon Do	290
Tai Chi	8
Washing the car	87

| Outdoor Activities |

Badminton	100
Baseball	111
Basketball, game	230

Basketball, playing recreational	138
Bicycling (leisurely, 10-11.9 mph)	100
Bicycling (moderate, 12-13.9 mph)	200
Bicycling (vigorous, 14-15.9 mph)	250
Canoeing, leisurely	100
Firewood, chopping	133
Firewood, sawing	113
Firewood, stacking	89
Fishing, from boat, sitting	56
Fishing, from river bank and walking	111
Frisbee, general playing	67
Gardening, heavy	174
Gardening, light	73
Gardening, moderate	116
Golfing, with a cart	78
Golfing, without a cart	122
Hiking, 10-20 lb. load	217
Hiking, 21-42 lb. load	232
Hiking, general	172
Horseback riding, trotting	102
Horseback riding, walking leisurely	31
In-line skating, moderately	125
Mowing	160
Orienteering	151
Rollerblading, moderately	125
Running a 6 minute mile	247
Running a 7 minute mile	222
Running a 8 minute mile	200
Running a 9 minute mile	184
Running, jogging	156
Shoveling snow, heavy	278
Shoveling snow, light	133
Shoveling snow, moderate	174
Skiing, cross-country moderately	164
Skiing, cross-country rapidly	256
Skiing, cross-country slowly	114
Skiing, downhill moderate	178
Skiing, downhill rapidly	244
Skiing, downhill slowly	109
Snowboarding, light	150
Snowboarding, moderate	182
Snowshoeing	178
Soccer, playing competitively	218

