

Conversion Chart: Physical Activity to “Steps”

Use the conversion chart below to calculate the number of “steps” taken during physical activity other than walking/running. Multiply the number of minutes you participated in the activity by the number indicated on the chart to calculate the total number of “steps” taken for that activity.

Note: Please do not double up on steps. If you take an aerobics class and wear your pedometer, do not also add steps using the conversion chart. Either wear your pedometer and count the steps, or, take your pedometer off and use the conversion chart.

Physical Activity	Number of “Steps” Per Minute
Aerobics: high impact	182
Aerobics: low impact	125
Aerobics: moderate impact	154
Basketball: recreational	138
Bicycling: leisurely (10-11.9 mph)	100
Bicycling: moderate (12-13.9 mph)	200
Bicycling: vigorous (14-15.9 mph)	250
Bowling	87
Dancing: socially	93
Downhill skiing	174
Elliptical trainer	203
Firewood: chopping	133
Firewood: sawing	113
Firewood: stacking	89
Gardening: heavy	174
Gardening: light	73
Gardening: moderate	116
Golfing: with a cart	78
Golfing: without a cart	122
Housework: light	72
Housework: mopping floors	51
Housework: scrubbing floors	110
Housework: vacuuming	101
Housework: washing windows	87
Ice skating	203
Karate	290
Mowing: push mower	160
Pilates	101

Racquetball	138
Raking leaves	125
Roller skating	203
Scuba diving	203
Shoveling snow: heavy	278
Shoveling snow: light	133
Shoveling snow: moderate	174
Skiing: downhill moderate	178
Skiing: downhill slowly	109
Snowboarding: light	150
Snowboarding: moderate	182
Softball	145
Stair climbing: moderate	180
Stair climbing: slow	90
Stair climbing: vigorous	267
Stretching	6
Swimming: leisurely	133
Swimming: moderate	174
Swimming: treading water	49
Swimming: vigorous	222
Tennis: doubles	102
Tennis: singles	178
Water aerobics	100
Weight lifting: light	66
Weight lifting: moderate	87
Weight lifting: vigorous	133
Yard Work	145
Yoga	100

The above chart is based on the Univera Healthcare Take Steps conversion chart.