

» Adult Step Conversion Chart

Activity Converted To Steps

ACTIVITY	STEPS PER MINUTE	
	Female	Male
AEROBIC DANCING <i>low impact</i>	142	127
AEROBICS <i>high impact</i>	189	181
AEROBICS STEP 6-8 INCH STEP	236	218
AEROBICS STEP 10-12 INCH STEP	260	254
BACKPACKING <i>on hill with under 10 lb load</i>	189	181
BACKPACKING <i>on hill with 10 lb - 20 lb load</i>	212	199
BALLET DANCING	118	127
BASEBALL	142	127
BASKETBALL <i>leisurely, non-game</i>	165	127
BASKETBALL <i>game</i>	212	145
BASKETBALL <i>playing in wheelchair</i>	165	163
BICYCLING	212	199
BICYCLING <i>BMX or mountain</i>	236	218
BICYCLING <i>stationary / general</i>	189	181
BICYCLING <i>stationary / light</i>	142	145
BICYCLING <i>stationary / moderate</i>	189	181
BICYCLING <i>stationary / vigorous</i>	283	254
BOWLING	71	73
CANOEING	94	91
CHOPPING WOOD	165	145
CIRCUIT TRAINING <i>general</i>	212	199
DANCING BALLROOM <i>slow</i>	71	73
DANCING BALLROOM <i>fast</i>	118	109
DANCING COUNTRY	118	109
DANCING DISCO	118	109
DANCING LINE	118	109
DANCING SQUARE	118	109
DANCING SWING	118	109
ELLIPTICAL JOGGER <i>medium</i>	236	218
FOOTBALL TACKLE	236	218



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ACTIVITY	STEPS PER MINUTE	
	Female	Male
FOOTBALL TOUCH/FLAG	212	199
GARDENING <i>moderate</i>	118	109
GARDENING <i>heavy</i>	142	145
GOLF <i>without cart</i>	118	109
GOLFING <i>riding in cart</i>	94	91
HORSESHOES	71	73
ICE SKATING <i>leisurely</i>	189	181
IN-LINE SKATING	200	190
JOGGING <i>general</i>	189	181
JOGGING <i>in water</i>	212	199
JUDO AND KARATE	260	254
JUMPING ROPE <i>slow</i>	212	199
JUMPING ROPE <i>moderate</i>	260	254
JUMPING ROPE <i>fast</i>	330	290
KICKBOXING <i>moderate</i>	330	290
KICKBOXING <i>vigorous</i>	401	363
KICKBOXING <i>very vigorous</i>	472	435
MOWING LAWN	142	127

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ACTIVITY	STEPS PER MINUTE	
	Female	Male
PILATES	94	91
RACQUETBALL <i>casual</i>	189	181
RACQUETBALL <i>competitive</i>	260	254
ROWING	189	181
RUNNING 08 MPH <i>7.5 min/mile</i>	354	326
RUNNING 10 MPH <i>6 min/mile</i>	425	399
SCRUBBING FLOORS	94	91
SHOVELING SNOW	165	145
SKIING DOWNHILL <i>moderate to steep</i>	165	145
SKIING CROSS-COUNTRY	212	181
SNOWSHOEING	212	199
SOCCER <i>casual</i>	189	181
SOCCER <i>competitive</i>	260	145
STAIR CLIMBER MACHINE	236	218
STAIR CLIMBING <i>up stairs</i>	212	199
STAIR CLIMBING <i>down stairs</i>	71	73
SWIMMING BACKSTROKE	189	181
SWIMMING BREASTSTROKE	260	254
SWIMMING BUTTERFLY	283	272
SWIMMING FREESTYLE	189	181
SWIMMING SIDESTROKE	212	199
TENNIS <i>singles</i>	212	199
TENNIS <i>doubles</i>	165	145
VACUUMING	94	73
VOLLEYBALL	118	91
WALKING	94	91
WASHING THE CAR	71	73
WATERSKIING	165	145
WAXING THE CAR	118	109
WEIGHT LIFTING	71	73
WRESTLING	165	145
YOGA	71	54

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