Activities to Steps Conversion Chart



To convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart.

For example: 30 minutes gardening x 131 steps/minute = 3,930 steps.

Activity	Steps/ Minute
Aerobics Class	145
Archery	102
Backpacking, uphill	242
Badminton	136
Baseball	111
Basketball, game	178
Basketball, recreational	133
Bicycling, 10 mph easy	133
Bicycling, 13 mph moderate	178
Bicycling, 15 mph vigorous	222
Billiards/pool	77
Bowling	87
Boxing, noncompetitive	131
Boxing, competitive	222
Calisthenics	106
Canoeing	106
Chopping Wood	133
Circuit training, general	178
Cleaning house	78
Climbing, rock or mountain	273
Dancing, aerobic	133
Dancing, general	100
Elliptical machine	249
Fencing	133
Fishing, sitting	91
Fitness class – low impact	152
Fitness class – high impact	212
Football	189
Frisbee	67
Gardening	131
Golf, carrying clubs	122
Golf, cart	78
Gymnastics	89
Handball	267
Hiking, general	172
Hiking, uphill	212
Hockey	178
Horseback riding, general	102
Ice skating	203
Jogging	156
Jumping rope, moderate	244
Jumping rope, slow	178
Kayaking	152
Line dancing	139

Miniature golf Mowing (push mower) Mopping Mowing (push mower) Painting Painting Pilates Ping Pong Ping Pong Ping Pong Punching bag Racquetball, moderate Rock climbing Rowing machine, moderate Rowing machine, vigorous Rugby Rugby Rughy Running, 10 minute mile Rowining, 12 minute mile Pinate diving Scuba diving Skiing, cross-country Scuba diving Sledding Sledding Soccer, Recreational Softball Softball Softball Stair climbing, leisurely Stair climbing, vigorous Skiing laps, moderate Swimming laps, moderate Swimming laps, wigorous Tai chi Tennis, singles Tennis, doubles Swall and Walking, 2 mph Walking, 2 mph Walking, 2 mph Volleyball Sydang Walking, 2 mph Valking, 3 mph Swimg car Walking, 4.0 mph Sydang Walking, 4.0 mph Sydang Walking, 2 mph Walking, 4.0 mph Valking, 3 mph Volleyball Sydang Weight lifting Sydang	Martial Arts	222
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	Weight lifting	133
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The general recommendation is to walk 10,000 steps per day. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day and would benefit by slowly adding more steps each day until they reach 10,000.