

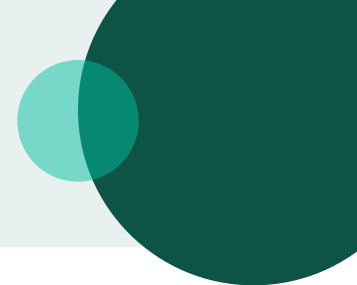
Taking steps toward better health doesn't always mean walking



Step conversion chart

There are lots of ways to get in your steps. When you choose an activity other than walking, check the chart below to see how many steps you've earned. Just multiply the steps by the number of minutes you were active. For example, 30 minutes of mopping equals 3,210 steps. (30 minutes x 107). Clean floors AND active steps - now that's a win win.

Activity	Steps / min	Steps / 20 min	Activity	Steps / min	Steps / 20 min
Aerobics, high intensity	242	4,840	Dancing, fast	137	2,740
Aerobics, low intensity	106	2,120	Dancing, slow	91	1,820
Aerobics, water	121	2,420	Dodgeball	175	3,500
Badminton, game	212	4,240	Elliptical trainer	203	4,060
Badminton, recreational	136	2,720	Frisbee	91	1,820
Ballet dancing	120	2,400	Football, game	260	5,200
Billiards/pool	76	1,520	Football, leisurely	199	3,980
Body weight exercises (e.g. squats)	100	2,000	Gardening, heavy	152	3,040
Basketball, game	242	4,840	Gardening, moderate	121	2,420
Basketball, recreational	182	3,640	Golfing, walking, no cart	136	2,720
Bowling	91	1,820	Golfing, with a cart	107	2,140
Boxing, competitive, in a ring	222	4,440	Golfing, miniature or driving range	91	1,820
Boxing, non-competitive	131	2,620	Gymnastics	121	2,420
Canoeing, leisurely	121	2,420	Handball, game	348	6,960
Circuit training	178	3,560	HIIT (High Intensity Interval Training)	239	4,780
CrossFit™ fast	218	4,360	Hiking	172	3,440
CrossFit™ slow	143	2,860	Hockey, field & ice	240	4,800
Cycling, 14–16 mph, intense	304	6,080	Horseback riding, trotting	102	2,040
Cycling, 11–13 mph, moderate	242	4,840	Horseback riding, leisurely	31	620
Cycling, <10 mph, leisurely	121	2,420	Housework, vacuuming or mopping	107	2,140



Step conversion chart (continued)

Activity	Steps / min	Steps / 20 min	Activity	Steps / min	Steps / 20 min
Housework, cleaning, intense	121	2,420	Skiing, downhill	133	2,660
Housework, cleaning, light	76	1,520	Skiing, water	174	3,480
Hula hooping	90	1,800	Sledding	158	3,160
Jumping rope, moderate/fast	244	4,880	Snowboarding	150	3,000
Jumping rope, leisurely	178	3,560	Snowshoeing	178	3,560
Judo, karate	236	4,720	Snow shoveling	145	2,900
Kayaking	152	3,040	Soccer, competitive	218	4,360
Kickball	212	4,240	Soccer, recreational	144	2,880
Kickboxing	290	5,800	Softball or baseball	152	3,040
Miniature golf	91	1,820	Squash	348	6,960
Mowing lawn	160	3,200	Stair climbing, upstairs	181	3,620
P90X™	160	3,200	Stair climbing, downstairs	71	1,420
Paddle boarding	145	2,900	Stair climbing machine	121	2,420
Pilates	91	1,820	Swimming, leisure	133	2,660
Ping pong	121	2,420	Swimming laps, intense	303	6,060
Plyometrics	352	7,040	Swimming laps, moderate	212	4,240
Racquetball, competitive	254	5,080	Tai Chi	40	800
Racquetball, leisurely	181	3,620	Tae Kwon Do	290	5,800
Rock climbing, ascending	333	6,660	Tennis, singles	178	3,560
Rock climbing, rappelling	242	4,840	Tennis, doubles	102	2,040
Rowing, intense	203	4,060	Trampoline	90	1,800
Rowing, moderate	147	2,940	Volleyball, game	120	2,400
Rowing, leisurely	101	2,020	Volleyball, leisurely	70	1,400
Sit-ups/push-ups/crunches	100	2,000	Washing the car	76	1,520
Skating, ice, moderate	147	2,440	Waterskiing/wakeboarding	145	2,900
Skating, ice, leisurely	84	1,680	Weightlifting	67	1,340
Skating, in-line	190	3,800	Wheelchair	101	2,020
Skating, roller-skating	156	3,120	Wrestling	145	2,900
Skiing, cross-country, intense	256	5,120	Yoga	107	2,140
Skiing, cross-country, moderate	164	3,280	Zumba™	181	3,620
Skiing, cross-country, leisurely	114	2,280			