

» Adult Step Conversion Chart

Activity Converted To Steps



Activity	Steps Per Minute		Activity	Steps Per Minute	
	Female	Male		Female	Male
Aerobic dancing (low impact)	142	127	Jogging (<i>in water</i>)	212	199
Aerobics (high impact)	189	181	Judo and Karate	260	254
Aerobics step 6-8 inch step	236	218	Jumping Rope (<i>slow</i>)	212	199
Aerobics step 10-12 inch step	260	254	Jumping Rope (<i>moderate</i>)	260	254
Backpacking (<i>on hill with under 10 lb load</i>)	189	181	Jumping Rope (<i>fast</i>)	330	290
Backpacking (<i>on hill with 10 lb - 20 lb load</i>)	212	199	Kickboxing (<i>moderate</i>)	330	290
Ballet Dancing	118	127	Kickboxing (<i>vigorous</i>)	401	363
Baseball	142	127	Kickboxing (<i>very vigorous</i>)	472	435
Basketball (<i>leisurely, non-game</i>)	165	127	Mowing lawn	142	127
Basketball (<i>game</i>)	212	145	Pilates	94	91
Basketball (<i>playing in wheelchair</i>)	165	163	Racquetball (<i>competitive</i>)	260	254
Bicycling	212	199	Rowing	189	181
Bicycling (<i>BMX or mountain</i>)	236	218	Running 08 mph (<i>7.5 min/mile</i>)	354	326
Bicycling (<i>Stationary - general</i>)	189	181	Running 10 mph (<i>6 min/mile</i>)	425	399
Bicycling (<i>Stationary - light</i>)	142	145	Scrubbing floors	94	91
Bicycling (<i>Stationary - moderate</i>)	189	181	Shoveling Snow	165	145
Bicycling (<i>Stationary - vigorous</i>)	283	254	Skiing Downhill (<i>moderate to steep</i>)	165	145
Bowling	71	73	Skiing Cross-country	212	181
Canoeing	94	91	Snowshoeing	212	199
Chopping Wood	165	145	Soccer (<i>casual</i>)	189	181
Circuit Training (<i>general</i>)	212	199	Soccer (<i>competitive</i>)	260	145
Dancing Ballroom (<i>slow</i>)	71	73	Stair climber machine	236	218
Dancing Ballroom (<i>fast</i>)	118	109	Stair climbing - up stairs	212	199
Dancing Country	118	109	Stair climbing - down stairs	71	73
Dancing Disco	118	109	Swimming backstroke	189	181
Dancing Line	118	109	Swimming breaststroke	260	254
Dancing Square	118	109	Swimming butterfly	283	272
Dancing Swing	118	109	Swimming freestyle	189	181
Elliptical Jogger (<i>medium</i>)	236	218	Swimming sidestroke	212	199
Football Tackle	236	218	Tennis (<i>singles</i>)	212	199
Gardening (<i>moderate</i>)	118	109	Tennis (<i>doubles</i>)	165	145
Gardening (<i>heavy</i>)	142	145	Vacuuming	94	73
Golf (<i>without cart</i>)	118	109	Volleyball	118	91
Golfing (<i>riding in cart</i>)	94	91	Walking	94	91
Horseshoes	71	73	Washing the car	71	73
Ice Skating (<i>leisurely</i>)	189	181	Waterskiing	165	145
In-line skating	200	190	Waxing the car	118	109
Jogging (<i>general</i>)	189	181	Weight lifting	71	73
			Wrestling	165	145
			Yoga	71	54