

# Counting steps for other activities:

STEP CONVERTER  
CHART ON REVERSE >

- For those times when you choose an activity other than walking, check the step converter chart to determine the equivalent number of steps for that activity.
- Simply multiply the number of minutes you did the activity by the number of steps indicated on the chart. For example, 30 minutes of leisure swimming equals 3,990 steps (133 steps x 30 minutes).
- If your activity is not listed on the chart, find the one(s) most similar to it and estimate the activity's step value.
- Note: To receive the most accurate "step conversion," you should remove your pedometer when choosing an activity other than walking. (But don't reset it to zero! Just set it aside.) It is best to use the step conversion chart to calculate your steps during a non-walking activity and add those steps to the total number reflected on your pedometer at the end of the day.



move

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# STEP CONVERTER

ACTIVITY	STEPS PER MINUTE				
Aerobic dancing, low impact	118	Gymnastics	89	Shoveling snow, heavy	278
Aerobic dancing, strenuous	140	Handball, recreational	142	Shoveling snow, light	133
Aerobics, high impact	182	Hiking, 10–20 lb. load	217	Shoveling snow, moderate	174
Aerobics, low impact	125	Hiking, 21–42 lb. load	232	Skiing, cross-country, moderate	164
Aerobics, moderate	154	Hiking, general	172	Skiing, cross-country, rapid	256
Badminton	98	Hockey	178	Skiing, cross-country, slow	114
Baseball	111	Hoeing in a garden	96	Skiing, downhill, moderate	178
Basketball, game	230	Horseback riding, trotting	102	Skiing, downhill, rapid	244
Basketball, recreational	138	Horseback riding, walking leisurely	31	Skiing, downhill, slow	109
Bicycling, leisure (10–11.9 mph)	100	Housework, light	72	Snowboarding, light	150
Bicycling, moderate (12–13.9 mph)	200	Housework, mopping floors	51	Snowboarding, moderate	182
Bicycling, vigorous (14–15.9 mph)	250	Housework, vacuuming	101	Snowshoeing	178
Billiards	77	Housework, washing windows	87	Soccer, competitive	218
Bowling	87	Ice skating, competitive	162	Soccer, recreational	144
Boxing, in a ring, competitive	213	Ice skating, leisure	84	Softball	145
Boxing, non-competitive	131	Ice skating, moderate	122	Squash	348
Canoeing, leisure	100	In-line skating, moderate	125	Stair climbing, moderate	180
Circuit training	178	Judo	187	Stair climbing, slow	90
Cricket	111	Jumping rope, moderate/fast	244	Stair climbing, vigorous	267
Curling	89	Jumping rope, slow	178	Stretching	6
Dancing, choreographed	158	Karate	290	Swimming, leisure	133
Dancing, social	93	Kickboxing	290	Swimming, moderate	174
Elliptical trainer	203	Line dancing	139	Swimming, treading water	49
Fencing	133	Mowing	160	Swimming, vigorous	222
Firewood, chopping	133	Orienteering	151	Taekwondo	290
Firewood, sawing	113	Painting/papering	78	Tai chi	8
Firewood, stacking	89	Pilates	101	Tennis, doubles	102
Fishing, from boat, sitting	56	Racquetball	138	Tennis, singles	178
Fishing, from river bank and walking	111	Racquetball, competitive	198	Volleyball, game	232
Football	189	Raking leaves	125	Volleyball, leisure	87
Frisbee, general playing	67	Rollerblading, moderate	125	Walking at a normal pace	100
Gardening, heavy	174	Rowing, light	111	Washing the car	87
Gardening, light	73	Rowing, moderate	179	Water aerobics	100
Gardening, moderate	116	Rowing, vigorous effort	203	Water polo	222
Golfing, with a cart	78	Running a 6-minute mile	247	Water skiing	104
Golfing, without a cart	122	Running a 7-minute mile	222	Weight lifting, light	66
Grocery shopping	67	Running an 8-minute mile	200	Weight lifting, moderate	87
		Running a 9-minute mile	184	Weight lifting, vigorous	133
		Running, jogging	156	Yard work, general	145
		Scuba diving	203	Yoga	100