

# Convert Activities to Steps

Multiply the # of minutes of activity X the # of equivalent steps per minute.

EXAMPLE: 30 minutes of Aerobics Fitness Class x 181 steps/minute = ~5,430 steps

Activity	Equivalent Steps
Aerobic Fitness Class	181
Bicycling (leisurely)	116
Bicycling (easy pace)	130
Bicycling (moderate pace)	170
Bicycling (vigorous pace)	200
Boxing (non-competitive)	131
Boxing (competitive)	222
Bowling	87
Circuit Training	232
Skiing	174
Hiking	172
Horseback Riding	116
Hockey	260
Ice Skating	122
Karate	236
Jump Rope	250
Pilates	101
Racquetball	181
Running (moderate)	290
Shoveling Snow	174
Snowboarding	182
Spinning (bike)	200
Stair Climber	200
Swimming	174
Tennis	232
Walk (moderate)	122
Yoga	50