

Activity Conversion Chart

If you are adding up steps and miles to better health, you can include a variety of activities in addition to walking. Consult the list below for an estimate of the steps per minute that can be added to your weekly tally.

Physical Activity	Steps Per Minute of Activity
Aerobics, low impact	125
Aerobics, moderate impact	153
Aerobics, high impact	181
Basketball	100
Canoeing	72
Chopping Wood	60
Dancing, all types	133
Football	133
Gardening	73
Golf, walking	100
Horseshoes	52
Ice Skating, leisurely	84
Karate	236
Mopping	51
Painting	78
Racquetball	138
Rollerblading	200
Rowing, light effort	74

Physical Activity	Steps Per Minute of Activity
Rowing, moderate	153
Sawing Wood	113
Shoveling Heavy Snow	278
Skiing, downhill	109
Skiing, cross country	114
Snowshoeing	156
Soccer	144
Stationary Bicycling, leisurely	100
Stationary Bicycling, moderate	181
Stationary Bicycling, vigorous	250
Stretching	6
Swimming laps, light/moderate	200
Tennis	200
Volleyball	90
Walking	125
Water Aerobics	100
Waterskiing	136
Weightlifting	100

Sources: *The Step Diet* by James Hill and John Peters, 2004 Excellus Blue Cross Blue Shield, Davis County Government, Utah; wegmans.com, Shape Up Across Colorado Activity Chart

Step Facts

Measure your progress by the number of steps you are covering each day. Generally speaking, you can count on 2,000 steps equaling one mile.

- 10,000 steps is considered 5 miles.
- 200 steps is about one city block.
- 9 holes of golf (walking) equal about 8,000 steps.
- Most people will do about 1,200 steps in about 10 minutes.

you are:

Very Inactive	2,500 Steps or less per day
Inactive	2,501-5,000 Steps per day
Moderately Active	5,001-7,500 Steps per day
Active	7,501-10,000 Steps per day
Very Active	10,001 Steps or more per day