

Activities to Steps Conversion Chart

To convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart.

For example: 30 minutes gardening x 131 steps/minute = 3,930 steps.

Activity	Steps/ Minute	Activity	Steps/ Minute
Aerobic Class	145	Ping Pong	121
Badminton	136	Punching Bag	182
Baseball	111	Racquetball	156
Bicycling, 10mph	133	Rock Climbing	244
Bicycling, 12mph	178	Rollerblading	156
Bicycling, 15mph	222	Rowing Machine	111
Billards/Pool	77	Running 8 minute mile	278
Bowling	87	Running 10 minute mile	222
Boxing	131	Running 12 minute mile	178
Calisthenics	106	Snow Shoveling	133
Canoeing	106	Skiing- cross country	200
Circuit Training	178	Skiing-downhill	133
Cleaning House	78	Sledding	212
Dancing	133	Snowshoeing	178
Elliptical Machine	249	Soccer	156
Fencing	133	Softball	152
Football	189	Spinning Class	240
Frisbee	67	Stair Climbing	90
Gardening	131	Streching	76
Golf	122	Swimming Laps	212
Gymnastics	89	Tai Chi	121
Handball	267	Tennis	178
Hiking	172	Vacuuming	87
Hockey	178	Volleyball	89
Horseback Riding	102	Walking 2 mph	76
Ice Skating	203	Walking 3 mph	100
Jogging	156	Walking 4 mph	152
Jumping Rope	178	Washing Car	100
Kayaking	152	Water Aerobics	89
Martial Arts	222	Weigh lifting	133
Miniature Golf	91	Yard work	111
Pilates	99	Yoga	89

The general recommendation is to walk 10,000 steps per day. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day and would benefit by slowly adding more steps each day until they reach 10,000.