

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
Aerobics Class	145
Archery	102
Arm-ergometer, easy	95
Arm-ergometer, moderate	145
Backpacking, uphill	242
Baseball	111
Basketball, game	178
Basketball, recreational	133
Bicycling, 10 mph easy	133
Bicycling, 13 mph moderate	178
Bicycling, 15 mph vigorous	222
Billiards/pool	77
Bowling	87
Boxing	165
Calisthenics	106
Canoeing	106
Chopping Wood	133
Circuit training, general	178
Cleaning house	78
Climbing, rock or mountain	273
Dancing, aerobic	133
Dancing, general	100
Elliptical machine	249
Fencing	133
Fishing, sitting	91
Fitness class – high impact	212
Fitness class – low impact	152
Football	189
Frisbee	67
Gardening	131
Golf, carrying clubs	122
Golf, cart	78
Gymnastics	89
Handball	267
Hiking, general	172
Hiking, uphill	212
Hockey	178
Horseback riding, general	102
Ice skating	203
Jogging	156
Jumping rope	218
Kayaking	152
Line dancing	139
Martial Arts	222
Miniature golf	91

Activity	Steps/ Minute
Mopping	101
Mowing (push mower)	160
Painting	100
Pilates	99
Ping Pong	121
Punching bag	182
Racquetball, moderate	156
Rock climbing	244
Rollerblading/skating	156
Rowing machine	147
Rugby	303
Running, 10 minute mile	222
Running, 12 minute mile	178
Running, 8 minute mile	278
Scuba diving	212
Shoveling snow	133
Skiing, cross-country	200
Skiing, downhill	133
Sledding	212
Snowshoeing	178
Soccer, Recreational	156
Softball	152
Spinning class	240
Stair climbing, leisurely	90
Stair climbing, vigorous	267
Stretching	76
Swimming laps, moderate	212
Swimming laps, vigorous	303
Swimming, leisurely	133
Tai chi	121
Tennis, doubles	133
Tennis, singles	178
Vacuuming	87
Volleyball	89
Walking, 2 mph	76
Walking, 3 mph	100
Walking, 4.0 mph	152
Washing car	100
Water aerobics	89
Weightlifting	133
Wheelchair, easy	110
Wheelchair, moderate	165
Wheelchair, vigorous	220
Yard work	111
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.