

WALKTOBER

Step Equivalents

ACTIVITY- Steps per minute

- Aerobic dance – 197
- Backpacking – 212
- Badminton – 136
- Basketball - shooting baskets – 136
- Basketball game – 242
- Bicycling – 242
- Bicycling fast – 364
- Bicycling under 10 mph – 121
- Billiards/pool – 76
- Bowling – 91
- Canoeing – 106
- Circuit training – 242
- Climbing - rock or mountain – 273
- Cooking – 61
- Fencing – 182
- Fishing – 91
- Football – 242
- Frisbee – 91
- Gardening – 121
- Golf – 136
- Gymnastics – 121
- Hiking – 182
- Hockey – 242
- Home/auto repair/shop tasks – 91
- Horseback riding – 121
- House cleaning – 91
- Hunting – 152
- Ice Skating – 212
- Inline skating – 364
- Jazzercise – 182
- Jogging – 212
- Jump rope – 303
- Kayaking – 152
- Kickball – 212
- Lawn mowing -power mower – 152
- Martial arts – 303
- Miniature golf – 91
- Punching bag – 182
- Raking lawn and leaves – 121
- Racquetball – 212
- Roller skating – 212
- Rowing machine – 212
- Rowing machine, vigorous – 258
- Running -12 minute miles – 242
- Running - 10 minute miles – 303
- Running - 8.5 minute miles – 348
- Running - 7.5 minute miles – 409
- Sailing, boat and board – 91
- Scuba diving – 212
- Skateboarding – 152
- Snorkeling – 152
- Soccer – 212
- Softball – 152
- Square dancing – 136
- Stairmaster – 273
- Step aerobics – 273
- Stretching, yoga – 76
- Surfing – 91
- Swimming laps - moderate – 212
- Swimming leisurely – 182
- Tennis – 212
- Volleyball – 121
- Water aerobics – 121
- Water jogging – 242
- Water polo – 303
- Waterskiing – 182
- Weight lifting, moderate – 121
- Weight Lifting, vigorous – 82
- Wheelchair use- 101
- Wrestling – 182
- Yard work – 145
- Yoga - 76

➤ WALKING

- 1 mile = 2,000 steps
- 2 mph – 67 steps/ minute
- 3 mph – 100 steps/minute
- 4 mph – 152 steps/minute
- 5 mph – 242 steps/minute