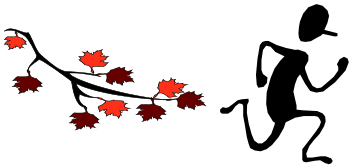

Step Conversion Chart

Your pedometer works whenever you are taking steps. For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps.

Simply multiply the number of times you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping equals 2550 steps. (30 minutes x 85).

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

Physical Activity	Steps per minute	Physical Activity	Steps per minute
Aerobics, high intensity	190	Running, 10 mph (6 min/mile)	350
Aerobics, low intensity	115	Running 5 mph (12 min/mile)	185
Aerobics, step	145	Running, 6 mph (10 min/mile)	230
Badminton, game	150	Running, 8 mph (7.5 min/mile)	305
Badminton, recreational	98	Scuba diving	190
Basketball, game	220	Shopping for groceries	60
Basketball, recreational	130	Skiing, cross country, intense	330
Bowling	55	Skiing, cross country, moderate	220
Boxing, competitive, in a ring	213	Skiing, cross country, slowly	110
Boxing, non-competitive	131	Skiing, downhill, slowly	130
Canoeing, leisurely (2.5 mph)	70	Skiing, water	160
Cycling, 10 mph	93	Skipping rope, fast	285
Cycling, 15 mph	160	Skipping rope, moderate	167
Cycling, 20 mph	200	Snowshoeing	156
Cycling, 5 mph	55	Snow shoveling	195
Dancing, fast	175	Snow shoveling, heavy	278
Dancing, slow	55	Soccer, competitive	195
Dancing, socially (rock, disco, etc)	100	Soccer, recreational	144
Elliptical trainer, fast	270	Squash	205
Elliptical trainer, medium	200	Stair climbing machine	160
Firewood, carrying	176	Stair climbing at 26 stairs/min	89
Firewood, chopping	300	Stair climbing at 39 stairs/min	133
Firewood, sawing with handsaw	113	Stair climbing at 52 stairs/min	180
Firewood, stacking	89	Stair climbing at 78 stairs/min	267
Gardening, heavy	155	Stair climbing at 91 stairs/min	309
Gardening, hoeing, moderate	93	Stair climbing at 100 stairs/min	311
Gardening, weeding, (seated/kneeling)	73	Swimming, 25 yards/min	120
Golfing, walking, no cart	100	Swimming, 50 yards/min	225
Golfing, with a cart	70	Swimming, 75 yards/min	290
Handball, competitive	230	Swimming, back stroke at 1 mph	111
Handball, recreational	142	Swimming, back stroke at 2 mph	196
Hiking	155	Swimming, breast stroke at 1 mph	89
Hiking, 10 lb load	180	Swimming, breast stroke at 2 mph	178
Hiking, 30 lb load	235	Swimming, crawl stroke at 1 mph	91
Horseback riding, leisurely	31	Swimming, crawl stroke at 2 mph	156
Horseback riding, trotting	102	Swimming, treading water	98
Housework, general, vacuuming	90	Tai Chi	8
Housework, mopping floors	85	Tennis, doubles	110
Housework, scrubbing the floor	140	Tennis, singles	160

Housework, window cleaning	75	Volleyball, game	120
In-line skating, leisurely	84	Volleyball, leisurely	70
Ice skating, competitive	170	Walking in water, leisurely	49
Ice skating, leisurely	95	Washing the car	75
Judo, competitive	185	Water Aerobics	100
Mowing lawn	135	Waxing the car	100
Orienteering	151	Weight lifting, abdominal only	64
Painting (houses, fences, etc)	80	Weight lifting, arms only	42
Ping pong	90	Weight lifting, back only	80
Racquetball, competitive	205	Weight lifting, legs only	96
Racquetball, recreational	138	Weight lifting, shoulders only	69
Roller skating, moderately	173	Weight lifting, 40 sec btwn sets	255
Rowing, heavy	289	Weight lifting, 60 sec btwn sets	190
Rowing, moderately	150	Weight lifting, 90 sec btwn sets	125
Rowing, leisurely	75	yoga	100

*Adapted from Healthpartners, Inc.

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

How Active Are You?

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

Want to convert your steps to miles per hour (MPH)?

- 120 Steps/min = 3.0 MPH
- 130 Steps/min = 3.5 MPH
- 140 Steps/min = 4.0 MPH
- 150 Steps/min = 4.5 MPH
- 155 Steps/min = 5.0 MPH

Caloric Estimates for 10,000 Steps

Weight	Caloric Cost
100 – 119 lbs (45 – 54 kg)	420
120 – 139 lbs (54.5 – 63 kg)	440
140 – 159 lbs (63.5 – 72 kg)	460
160 – 179 lbs (72.5 – 81 kg)	480
180 – 199 lbs (81.5 – 90 kg)	500
200 – 239 lbs (90.5 – 99 kg)	520
220 – 239 lbs (99.5 – 108 kg)	540
240 – 259 lbs (108.5 – 117 kg)	560
260 – 289 lbs (117.5 – 131 kg)	580

* source: http://www.speakwell.com/well/2002_summer/6.shtml