

STEP CONVERSION CHART

Use the step conversion chart below to calculate your steps for 'non-walking' activities.

Multiply the number of minutes you did the activity by the number of steps indicated on the chart below. Example: If you shoveled snow for 30 minutes the calculation would be as follows: 30 minutes of snow shoveling x 195 steps per minute = 5,850 steps

If your activity is not listed on the chart, find the activity most similar to it.

ACTIVITY	STEPS PER MINUTE
Aerobics, low intensity	115
Aerobics, high intensity	190
Aerobics, step	145
Pilates	101
Skipping rope, moderate	167
Strength training, abdominal only	64
Strength training, arms only	42
Strength training, legs only	96
Yoga	100
SPORTS	
Badminton, recreational	98
Basketball, recreational	130
Golfing, no cart	100
Soccer, recreational	144
Tennis, doubles	110
Tennis, singles	160
Volleyball, recreational	70



STEP CONVERSION CHART

Use the step conversion chart below to calculate your steps for 'non-walking' activities.

Multiply the number of minutes you did the activity by the number of steps indicated on the chart below. Example: If you shoveled snow for 30 minutes the calculation would be as follows: 30 minutes of snow shoveling x 195 steps per minute = 5,850 steps

If your activity is not listed on the chart, find the activity most similar to it.

ACTIVITY	STEPS PER MINUTE
Bowling	55
Dancing , ballet	120
Dancing , socially	100
Housework, general eg. vacuuming	90
Martial Arts (kickboxing, karate, tae kwon do)	290
Kickboxing	290
Shopping for groceries	60
Stair climbing	160
OUTDOOR ACTIVITIES	
Canoeing , leisurely	70
Frisbee , recreational	67
Gardening , moderate	93
Gardening , seated/kneeling	73
Gardening , mowing lawn	135
Shoveling snow	195
Rock climbing	273
Skiing , cross country, moderate	220
Skiing , dow nhill, slowly	110

