



Make September STEPtember

Activity Conversion Chart

Refer to the chart below to convert activities to steps for females (F) and males (M).

Activity **Steps per Minute:** **F** **M**

aerobics (low impact)	141	130
aerobics (high impact)	197	182
aerobics, step, with 6 – 8 inch step	239	221
aerobics, step, with 10 – 12 inch step	282	259
backpacking with 0 to 9 pound load	197	182
backpacking with 10 to 20 pound load	211	195
ballet or modern, twist, jazz, tap, jitterbug	135	125
baseball or softball, fast or slow pitch, general	141	130
basketball (non-game)	169	156
basketball (game)	225	208
basketball (wheelchair)	183	169
bicycling, general	225	208
bicycling, BMX or mountain	239	221
bicycling, stationary, 100 watts, light effort	155	143
bicycling, stationary, 150 watts, moderate effort	197	182
bicycling, stationary, 200 watts, vigorous effort	296	272
bowling	84	78
canoeing	113	104
chopping wood	169	156
circuit training, including some aerobic movement with minimal rest	225	208
dancing, slow ballroom (waltz, foxtrot, slow dancing, samba, tango, 19th C, mambo, chacha)	84	78
dancing, fast ballroom (disco, folk, square, line dancing, Irish step dancing, polka, contra, country)	127	117
elliptical, general	253	234
football (competitive)	253	234
football (touch, flag)	225	208
gardening (moderate)	127	117
gardening (heavy)	141	130
golf (without cart)	127	117
golf (riding in cart)	99	91
hiking	169	156
horseshoes	84	78
ice skating	197	182
jogging, general	197	182
jogging (water)	225	208
judo, jujitsu, karate, kick boxing, tae kwan do	282	259
jumping rope (slow)	225	208
jumping rope (moderate)	282	259
jumping rope (fast)	338	311
mowing lawn (general)	155	143
Pilates	99	91

Activity **Steps per Minute:** **F** **M**

racquetball (casual)	197	182
racquetball (competitive)	282	259
roller skating	197	182
roller blading	338	311
rowing (moderate)	197	182
running, 8 mph (7.5 min/mile)	380	350
running, 10 mph (6 min/mile)	451	415
scrubbing floors	107	99
shoveling snow	169	156
skateboarding	141	130
skiing, downhill (moderate)	169	156
skiing (cross country)	225	208
snow shoeing	225	208
snowboarding	183	169
soccer (casual)	197	182
soccer (competitive)	282	259
stair climber machine	253	234
stair climbing (upstairs)	127	117
stair climbing (downstairs)	84	78
swimming (backstroke)	197	182
swimming (breaststroke)	282	259
swimming (butterfly)	310	285
swimming laps (freestyle, slow, moderate or light effort)	197	182
swimming (sidestroke)	225	208
tennis (singles)	225	208
tennis (doubles)	169	156
vacuuming	99	91
volleyball	113	104
walking for pleasure	99	91
washing and waxing car	127	117
water aerobics	113	104
water skiing	169	156
weight lifting (light or moderate)	84	78
wrestling	169	156
yoga	70	65

National Founding Sponsor



FROM PEPISCO

LEANCUISINE

800.807.0077

©2008 America On the Move® Foundation

www.americaonthemove.org