

STEP CONVERSION CHART

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

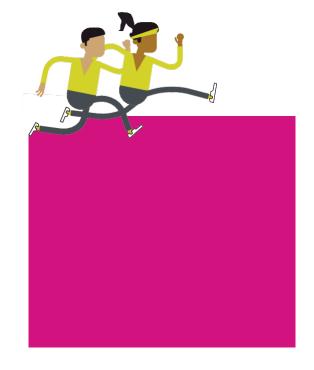
Multiply the number of minutes you did the activity by the number of steps indicated on the chart below. Example: If you shoveled snow for 30 minutes the calculation would be as follows: 30 minutes of snow shoveling x 195 steps per minute = 5,850 steps

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

144

110

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		
Badm inton,recreational	98	
Basketball, recreational	130	
Golfing , no cart	100	



Tennis, singles	160
Volleyball, recreational	70

Soccer, recreational

Tennis, doubles



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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	
OUTPOOR ACTIVITIES		
Canoeing , leisurely	70	



70		
67		
93		
73		
135		
195		
273		
220		
110		