

The INVITATIONAL

TEAM STEPS CHALLENGE

Activity Conversion to Steps

Boost your step count by including physical activities other than walking. Multiply the number of minutes you took part in the activity by the equivalent steps per minute. (Example: 30 minutes of jogging=5,910 steps). The result is your total steps for that session. You can also estimate steps by knowing that 2,000 steps equal one mile.

Don't forget to add the total to your WebMD ONE tracker!

PHYSICAL ACTIVITY	STEPS/MINUTES
Aerobic Dancing (moderate effort)	127
Aerobics (high impact)	217
Aerobics (low impact)	146
Aerobics (moderate impact)	181
Backpacking (carry 0-9 lb. load)	195
Badminton (recreational)	99
Ballet	120
Baseball	111
Basketball (game)	242
Basketball (shooting baskets)	174
Basketball (wheelchair)	224
Bicycling (outdoors, casual)	174
Bicycling (stationary, light)	130
Bicycling (stationary, moderate)	170
Bicycling (stationary, vigorous)	200
Bowling	87
Boxing (punching bag)	131
Boxing (competitive)	222
Calisthenics	106
Canoeing	106
Chopping Wood (rapidly)	198
Circuit Training (moderate effort)	232
Cross-Country Skiing	232
Dancing (fast)	154
Dancing (socially)	133
Downhill Snow Skiing	176

PHYSICAL ACTIVITY	STEPS/MINUTES
Elliptical (moderate effort)	244
Firewood (carrying)	176
Firewood (chopping)	198
Fishing (from shore, walking)	133
Football (leisure)	275
Football (playing competitively)	309
Frisbee	91
Gardening (general)	131
Golf (with cart)	97
Golf (without cart)	131
Grocery Shopping/Mall	67
Gymnastics	89
Handball (recreational)	142
Hiking (climbing hills, 10-20 lb. load)	216
Hiking (normal pace, fields & hillsides)	185
Hockey (ice, field)	260
Horseback Riding (trotting)	102
Horseshoes	71
Housework/Cleaning	101
Ice skating (rapidly, not competitive)	163
Jogging	209
Jump Rope (fast)	370
Jump Rope (moderate effort)	278
Jump Rope (slow)	242
Karate/Judo	236
Kayaking	152

PHYSICAL ACTIVITY	STEPS/MINUTES
Kickboxing	290
Miniature Golf	91
Mopping/Scrubbing Floors	135
Mountain Climbing	270
Mowing Lawn (walk, power mower)	168
Nordic Track	232
Painting (home, walls)	79
Pilates	113
Ping Pong	90
Pool/Billiards	76
Racquetball (recreational)	206
Raking Leaves	125
Rock Climbing	244
Roller Blading	316
Roller Skating	214
Rowing, Indoor (light effort)	101
Rowing, Indoor (moderate/heavy)	217
Running a 6 Minute Mile (10 mph)	463
Running a 7.5 Minute Mile (8 mph)	331
Running a 10 Minute Mile (6 mph)	290
Running a 12 Minute Mile (5 mph)	232
Sailing	91
Scuba Diving	190
Shoveling Snow (heavy)	213
Shoveling Snow (moderate effort)	133
Skateboarding	152
Skee-Ball	52
Sledding	212
Snowboarding	182
Snowshoeing	220
Soccer (casual)	207
Softball	152
Spinning	240
Squash	348

PHYSICAL ACTIVITY	STEPS/MINUTES
Stacking Firewood (moderate effort)	145
Stair Climb (down stairs)	71
Stair Climb (machine)	200
Stair Climb (up stairs)	181
Stretching	15
Surfing	91
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (laps, freestyle)	181
Tae Kwon Do	290
Tai Chi	40
Tennis (doubles)	160
Tennis (singles)	338
Trampoline	101
Trimming Trees/Shrubs (manually)	116
Vacuuming	104
Volleyball (game)	142
Volleyball (recreational)	70
Walking, brisk	197
Walking, moderate pace	122
Walking, strolling	68
Washing/Waxing Car	117
Water Aerobics	116
Water Skiing/Wakeboarding	187
Water Walking (light effort)	89
Water Walking (moderate effort)	123
Weight Lifting (moderate effort)	105
Weight Lifting (strenuous effort)	206
Wheelchair Use (manual)	101
Wrestling	207
Yard Work	135
Yoga (Hatha)	86
Yoga (power)	160
Zumba	148

The information provided is for general informational purposes only. Values provided are estimates based on metabolic equivalent of tasks data. This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.

SOURCES

National Library of Medicine: "2024 Adult Compendium of Physical Activities: A third update of the energy costs of human activities"

Massachusetts Institute of Technology: "Convert Activities to Steps"

Ohio State University: "Activities to Steps Conversion Chart"

University of North Dakota: "Activity Conversion Chart"

