

<b>Step Equivalents by Minutes of Activity</b>						
<b>Activity</b>	<b>1 min.</b>	<b>15 min.</b>	<b>30 min.</b>	<b>45 min.</b>	<b>60 min.</b>	
Walking (low intensity)	61	915	1830	2745	3660	
Walking(Moderate intensity)	67	1005	2010	3015	4020	
Walking (High intensity)	152	2280	4560	6840	9120	
Racewalking	197	2955	5910	8865	11820	
Aerobic dance	197	2955	5910	8865	11820	
Badminton	136	2040	4080	6120	8160	
Ballroom dancing (high intensity)	167	2505	5010	7515	10020	
Ballroom dancing (low intensity)	91	1365	2730	4095	5460	
Basketball game	242	3630	7260	10890	14520	
Bicycling - outdoor (high intensity)	242	3630	7260	10890	14520	
Bicycling - outdoor (high intensity)	364	5460	10920	16380	21840	
Bowling	91	1365	2730	4095	5460	
Canoeing	106	1590	3180	4770	6360	
Children's playground games	136	2040	4080	6120	8160	
Circuit training	242	3630	7260	10890	14520	
Climbing	273	4095	8190	12285	16380	
Croquet	76	1140	2280	3420	4560	
Elliptical (high intensity)	270					
Elliptical (moderate intensity)	200					
Fencing	182	2730	5460	8190	10920	
Fishing	91	1365	2730	4095	5460	
Football	242	3630	7260	10890	14520	
Frisbee	91	1365	2730	4095	5460	
Gardening	121	1815	3630	5445	7260	

Golf	136	2040	4080	6120	8160
Gymnastics	121	1815	3630	5445	7260
Handball	364	5460	10920	16380	21840
Health club exercise, general	167	2505	5010	7515	10020
Hiking	182	2730	5460	8190	10920
Hockey	242	3630	7260	10890	14520
House cleaning	91	1365	2730	4095	5460
Ice Skating	212	3180	6360	9540	12720
Inline skating	364	5460	10920	16380	21840
Jazzercise	182	2730	5460	8190	10920
Jump rope	303	4545	9090	13635	18180
Kayaking	152	2280	4560	6840	9120
Kickball	212	3180	6360	9540	12720
Lacrosse	242	3630	7260	10890	14520
Lawn bowling, shuffleboard	91	1365	2730	4095	5460
Lawn mowing	152	2280	4560	6840	9120
Martial arts	303	4545	9090	13635	18180
Minature golf	91	1365	2730	4095	5460
Punching bag	182	2730	5460	8190	10920
Raking lawn and leaves	121	1815	3630	5445	7260
Raquetball	212	3180	6360	9540	12720
Rowing machine	212	3180	6360	9540	12720
Rugby	303	4545	9090	13635	18180
Shopping	70	1050	2100	3150	4200
Skateboarding	152	2280	4560	6840	9120
Soccer	212	3180	6360	9540	12720
Softball	152	2280	4560	6840	9120
Square dancing	136	2040	4080	6120	8160
Squash	364	5460	10920	16380	21840

Stairmaster	273	4095	8190	12285	16380
Stationary bicycling (moderate intensity)	212	3180	6360	9540	12720
Stationary bicycling (high intensity)	318	4770	9540	14310	19080
Step aerobics	273	4095	8190	12285	16380
Yoga	76	1140	2280	3420	4560
Swimming laps (moderate intensity)	212	3180	6360	9540	12720
Swimming laps (high intensity)	303	4545	9090	13635	18180
Swimming leisurely	182	2730	5460	8190	10920
Table tennis	121	1815	3630	5445	7260
Tai chi	121	1815	3630	5445	7260
Tennis	212	3180	6360	9540	12720
Volleyball	121	1815	3630	5445	7260
Water aerobics	121	1815	3630	5445	7260
Water polo	303	4545	9090	13635	18180
Weight lifting, moderate effort	121	1815	3630	5445	7260
Weight lifting, vigorous effort	182	2730	5460	8190	10920
Wrestling	182	2730	5460	8190	10920
Jogging 5 mph (low intensity)	242	3630	7260	10890	14520
Running 7 mph (moderate intensity)	348	5220	10440	15660	20880
Running 8 mph (high intensity)	409	6135	12270	18405	24540