

Step Equivalents by Minutes of Activity

| Activity | 1 min. | 15 min. | 30 min. |
|---|--------|---------|---------|
| Walking 3 mph | 100 | 1500 | 3000 |
| Walking slow (under 2 mph) | 61 | 915 | 1830 |
| Walking slow (2 mph) | 67 | 1005 | 2010 |
| Walking 3.5 miles per hour | 115 | 1725 | 3450 |
| Walking 4 miles per hour | 152 | 2280 | 4560 |
| Walking 5 miles per hour | 242 | 3630 | 7260 |
| Racewalking | 197 | 2955 | 5910 |
| Aerobic dance | 197 | 2955 | 5910 |
| Backpacking | 212 | 3180 | 6360 |
| Badminton | 136 | 2040 | 4080 |
| Ballroom dancing fast | 167 | 2505 | 5010 |
| Ballroom dancing slow | 91 | 1365 | 2730 |
| Basketball (shooting baskets) | 136 | 2040 | 4080 |
| Basketball game | 242 | 3630 | 7260 |
| Bicycling | 242 | 3630 | 7260 |
| Bicycling fast | 364 | 5460 | 10920 |
| Bicycling under 10 mph | 121 | 1815 | 3630 |
| Billiards/pool | 76 | 1140 | 2280 |
| Bowling | 91 | 1365 | 2730 |
| Calisthenics - vigorous | 242 | 3630 | 7260 |
| Calisthenics - light to moderate | 106 | 1590 | 3180 |
| Canoeing | 106 | 1590 | 3180 |
| Children's playground games | 136 | 2040 | 4080 |
| Circuit training | 242 | 3630 | 7260 |
| Climbing | 273 | 4095 | 8190 |
| Cooking | 61 | 915 | 1830 |
| Croquet | 76 | 1140 | 2280 |
| Elliptical Trainer - see chart at bottom | * | * | * |
| Fencing | 182 | 2730 | 5460 |
| Fishing | 91 | 1365 | 2730 |
| Football | 242 | 3630 | 7260 |
| Frisbee | 91 | 1365 | 2730 |
| Gardening | 121 | 1815 | 3630 |
| Golf | 136 | 2040 | 4080 |
| Gymnastics | 121 | 1815 | 3630 |
| Handball | 364 | 5460 | 10920 |
| Health club exercise, general | 167 | 2505 | 5010 |
| Hiking | 182 | 2730 | 5460 |

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| Hiking - orienteering | 273 | 4095 | 8190 |
| Hockey | 242 | 3630 | 7260 |
| Home/auto repair and shop tasks | 91 | 1365 | 2730 |
| Horseback riding | 121 | 1815 | 3630 |
| House cleaning | 91 | 1365 | 2730 |
| Hunting | 152 | 2280 | 4560 |
| Ice Skating | 212 | 3180 | 6360 |
| Inline skating | 364 | 5460 | 10920 |
| Jazzercise | 182 | 2730 | 5460 |
| Jogging | 212 | 3180 | 6360 |
| Jogging on mini-trampoline | 136 | 2040 | 4080 |
| Jump rope | 303 | 4545 | 9090 |
| Kayaking | 152 | 2280 | 4560 |
| Kickball | 212 | 3180 | 6360 |
| Lacrosse | 242 | 3630 | 7260 |
| Lawn bowling, shuffleboard | 91 | 1365 | 2730 |
| Lawn mowing - power mower | 152 | 2280 | 4560 |
| Martial arts | 303 | 4545 | 9090 |
| Minature golf | 91 | 1365 | 2730 |
| Punching bag | 182 | 2730 | 5460 |
| Raking lawn and leaves | 121 | 1815 | 3630 |
| Raquetball | 212 | 3180 | 6360 |
| Roller skating | 212 | 3180 | 6360 |
| Rowing machine | 212 | 3180 | 6360 |
| Rowing machine, vigorous | 258 | 3870 | 7740 |
| Rugby | 303 | 4545 | 9090 |
| Running 5 mph (12 min/mi) | 242 | 3630 | 7260 |
| Running 6 mph (10 min/mi) | 303 | 4545 | 9090 |
| Running 7 mph (8.5 min/mi) | 348 | 5220 | 10440 |
| Running 8 mph (7.5 min/mi) | 409 | 6135 | 12270 |
| Sailing, boat and board, windsurfing | 91 | 1365 | 2730 |
| Scuba diving | 212 | 3180 | 6360 |
| Shopping | 70 | 1050 | 2100 |
| Sitting | 30 | 450 | 900 |
| Skateboarding | 152 | 2280 | 4560 |
| Ski machine | 212 | 3180 | 6360 |
| Skiing cross country | 242 | 3630 | 7260 |

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| Skiing downhill | 182 | 2730 | 5460 |
| Skimobiling | 212 | 3180 | 6360 |
| Sledding | 212 | 3180 | 6360 |
| Snorkeling | 152 | 2280 | 4560 |
| Snowmobiling | 106 | 1590 | 3180 |
| Soccer | 212 | 3180 | 6360 |
| Softball | 152 | 2280 | 4560 |
| Square dancing | 136 | 2040 | 4080 |
| Squash | 364 | 5460 | 10920 |
| Stairmaster | 273 | 4095 | 8190 |
| Stationary bicycling (moderate effort) | 212 | 3180 | 6360 |
| Stationary bicycling (vigorous effort) | 318 | 4770 | 9540 |
| Step aerobics | 273 | 4095 | 8190 |
| Stretching, yoga | 76 | 1140 | 2280 |
| Surfing | 91 | 1365 | 2730 |
| Swimming laps - mod. | 212 | 3180 | 6360 |
| Swimming laps - vigorous | 303 | 4545 | 9090 |
| Swimming leisurely | 182 | 2730 | 5460 |
| Table tennis | 121 | 1815 | 3630 |
| Tai chi | 121 | 1815 | 3630 |
| Tennis | 212 | 3180 | 6360 |
| Volleyball | 121 | 1815 | 3630 |
| Water aerobics | 121 | 1815 | 3630 |
| Water aerobics | 121 | 1815 | 3630 |
| Water jogging | 242 | 3630 | 7260 |
| Water polo | 303 | 4545 | 9090 |
| Waterskiing | 182 | 2730 | 5460 |
| Weight lifting, moderate effort | 121 | 1815 | 3630 |
| Weight lifting, vigorous effort | 182 | 2730 | 5460 |
| Wrestling | 182 | 2730 | 5460 |
| Yoga | 76 | 1140 | 2280 |
| Racewalking | 197 | 2955 | 5910 |
| Running 5 mph (12 min/mi) | 242 | 3630 | 7260 |
| Running 6 mph (10 min/mi) | 303 | 4545 | 9090 |
| Running 7 mph (8.5 min/mi) | 348 | 5220 | 10440 |
| Running 8 mph (7.5 min/mi) | 409 | 6135 | 12270 |

| 45 min. | 60 min. |
|----------------|----------------|
| 4500 | 6000 |
| 2745 | 3660 |
| 3015 | 4020 |
| 5175 | 6900 |
| 6840 | 9120 |
| 10890 | 14520 |
| 8865 | 11820 |
| 8865 | 11820 |
| 9540 | 12720 |
| 6120 | 8160 |
| 7515 | 10020 |
| 4095 | 5460 |
| 6120 | 8160 |
| 10890 | 14520 |
| 10890 | 14520 |
| 16380 | 21840 |
| 5445 | 7260 |
| 3420 | 4560 |
| 4095 | 5460 |
| 10890 | 14520 |
| 4770 | 6360 |
| 4770 | 6360 |
| 6120 | 8160 |
| 10890 | 14520 |
| 12285 | 16380 |
| 2745 | 3660 |
| 3420 | 4560 |
| * | * |
| 8190 | 10920 |
| 4095 | 5460 |
| 10890 | 14520 |
| 4095 | 5460 |
| 5445 | 7260 |
| 6120 | 8160 |
| 5445 | 7260 |
| 16380 | 21840 |
| 7515 | 10020 |
| 8190 | 10920 |

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| 12285 | 16380 |
| 10890 | 14520 |
| 4095 | 5460 |
| 5445 | 7260 |
| 4095 | 5460 |
| 6840 | 9120 |
| 9540 | 12720 |
| 16380 | 21840 |
| 8190 | 10920 |
| 9540 | 12720 |
| 6120 | 8160 |
| 13635 | 18180 |
| 6840 | 9120 |
| 9540 | 12720 |
| 10890 | 14520 |
| 4095 | 5460 |
| 6840 | 9120 |
| 13635 | 18180 |
| 4095 | 5460 |
| 8190 | 10920 |
| 5445 | 7260 |
| 9540 | 12720 |
| 9540 | 12720 |
| 9540 | 12720 |
| 11610 | 15480 |
| 13635 | 18180 |
| 10890 | 14520 |
| 13635 | 18180 |
| 15660 | 20880 |
| 18405 | 24540 |
| 4095 | 5460 |
| 9540 | 12720 |
| 3150 | 4200 |
| 1350 | 1800 |
| 6840 | 9120 |
| 9540 | 12720 |
| 10890 | 14520 |

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| 8190 | 10920 |
| 9540 | 12720 |
| 9540 | 12720 |
| 6840 | 9120 |
| 4770 | 6360 |
| 9540 | 12720 |
| 6840 | 9120 |
| 6120 | 8160 |
| 16380 | 21840 |
| 12285 | 16380 |
| 9540 | 12720 |
| 14310 | 19080 |
| 12285 | 16380 |
| 3420 | 4560 |
| 4095 | 5460 |
| 9540 | 12720 |
| 13635 | 18180 |
| 8190 | 10920 |
| 5445 | 7260 |
| 5445 | 7260 |
| 9540 | 12720 |
| 5445 | 7260 |
| 5445 | 7260 |
| 5445 | 7260 |
| 10890 | 14520 |
| 13635 | 18180 |
| 8190 | 10920 |
| 5445 | 7260 |
| 8190 | 10920 |
| 8190 | 10920 |
| 3420 | 4560 |
| 8865 | 11820 |
| 10890 | 14520 |
| 13635 | 18180 |
| 15660 | 20880 |
| 18405 | 24540 |