

ACTIVITIES TO STEPS CONVERSION CHART

Walking is a wonderful way to stay active, but you can also score points through other physical activities! Easily convert activities into steps (aka points) using the chart below.* **Multiply the number of minutes you were active by the equivalent steps per minute for that activity.** For example, 30 minutes of jogging equals 5,400 steps (30 minutes x 180 steps/minute). Activities not listed below still count! Use your best judgement to convert steps based on comparable activities listed in the chart. You can also estimate steps based on the general assumption that one mile equals 2,000 steps. **Don't forget to submit your steps at [Stepituperiecounty.org](https://www.stepituperiecounty.org)!**

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Aerobic dancing class	127	Fencing	170
Aerobic fitness class	181	Football	170
Aerobics, low impact	125	Frisbee	100
Aerobics, step	153	Gardening	60
Badminton, casual	131	Golf, carrying clubs	110
Badminton, competitive	160	Golf, powered cart	40
Ballet dancing	120	Gymnastics	130
Baseball	130	Handball	180
Basketball, game	130	Hiking	170
Basketball, recreational	100	Hockey, field and ice	200
Boxing, competitive	180	Horse Riding	137
Boxing, non-competitive	110	Housework, light	72
Canoeing	91	Ice skating, general	84
Cheerleading	100	Ice skating, moderate	122
Circuit training	180	In-line skating	190
Cricket	80	Jogging	180
Cycling, easy pace	130	Judo & Karate	190
Cycling, moderate pace	170	Jumping rope, fast	210
Cycling, vigorous pace	200	Jumping rope, moderate	160
Dancing	109	Kayaking	152
Elliptical trainer	170	Kickball	200

ACTIVITIES TO STEPS CONVERSION CHART

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Kickboxing	210	Spinning	200
Lacrosse	190	Squash	190
Netball	170	Stair climbing, machine	180
Pilates	91	Surfing	130
Punching bag	180	Swimming, freestyle	180
Racquetball, casual	130	Table tennis	120
Racquetball, competitive	180	Tae Bo	190
Rock climbing	200	Tae Kwon Do	190
Rollerblading	156	Tai Chi	40
Rowing	210	Tennis	170
Rugby	190	Trampoline	90
Sailing, boat and board	91	Volleyball	130
Skateboarding	102	Walking	90
Skee-ball	52	Water aerobics	120
Skiing, cross-country	114	Water polo	200
Skiing, light/moderate	109	Water skiing	145
Sledding	120	Weight lifting	100
Snowboarding	182	Wheeling, fast (wheelchair)	137
Snowshoeing	181	Wheeling, leisurely (wheelchair)	70
Soccer, competitive	181	Wrestling	170
Soccer, recreational	145	Yard work	89
Softball	152	Yoga	45

Aiming to crush the challenge? Maximize your points by completing activities with high steps per minute values! Always remember to listen to your body, stretch before and after exercise, drink plenty of water, and take breaks as you need them. Try something new, have fun, and keep stepping towards physical, mental, and emotional well-being!