

## Pedometer Step Equivalents

| Activity                   | Steps Per Minute | Activity                        | Steps Per Minute |
|----------------------------|------------------|---------------------------------|------------------|
| Aerobics: High Intensity   | 197              | Miniature Golf                  | 91               |
| Aerobics: Low Intensity    | 197              | Mowing Lawn                     | 152              |
| Aerobics-Step              | 145              | Punching Bag                    | 182              |
| Backpacking                | 212              | Raking Leaves                   | 121              |
| Ballroom Dancing: Fast     | 167              | Racquetball                     | 212              |
| Ballroom Dancing: Slow     | 91               | Rock Climbing                   | 273              |
| Basketball Shooting hoops: | 136              | Roller Skating                  | 212              |
| Basketball: Active Game    | 242              | Rowing: Intense                 | 289              |
| Bicycling: Fast            | 364              | Rowing: Moderate                | 150              |
| Bicycling: Slow            | 121              | Rowing: Leisurely               | 75               |
| Bowling                    | 91               | Running: 5mph                   | 185              |
| Calisthenics: Vigorous     | 242              | Running: 6mph                   | 242              |
| Calisthenics: Light        | 106              | Sailing a boat                  | 91               |
| Canoeing                   | 106              | Scuba Diving                    | 212              |
| Circuit Training           | 242              | Shopping                        | 60               |
| Cooking                    | 61               | Sitting                         | 30               |
| Dancing: Fast/Rock         | 175              | Skateboarding                   | 152              |
| Dancing: Slow              | 55               | Skiing: Cross Country, Intense  | 330              |
| Elliptical Trainer: Medium | 200              | Skiing: Cross Country, Moderate | 220              |
| Firewood: Axe Splitting    | 300              | Skiing: Cross Country, Slowly   | 110              |
| Firewood: Hand Sawing      | 113              | Shoveling Snow                  | 200              |
| Firewood: Stacking         | 89               | Soccer: Competitive             | 200              |
| Fishing                    | 91               | Soccer: Recreational            | 145              |
| Football: Active Game      | 242              | Softball: Active Game           | 152              |
| Frisbee                    | 91               | Stairmaster                     | 170              |
| Gardening: Standing        | 121              | Climbing Stairs: 26 per min     | 89               |
| Gardening: Seated          | 73               | Climbing Stairs: 39 per min     | 133              |
| Golf                       | 136              | Climbing Stairs: 52 per min     | 180              |
| Hiking                     | 155              | Climbing Stairs: 78 per min     | 267              |
| Hiking: With 10 lb. load   | 235              | Swimming: 25 yards/min          | 120              |
| Hiking: With 10 lb. load   | 180              | Swimming: 50 yards/min          | 225              |
| Housework                  | 100              | Swimming: 75 yards/min          | 290              |
| Horseback Riding           | 121              | Tai chi                         | 121              |
| Ice Skating                | 100              | Tennis                          | 212              |
| Jazzercise                 | 182              | Volleyball: Active Game         | 120              |
| Jogging                    | 212              | Water Skiing                    | 182              |
| Jumping Rope: Fast         | 303              | Weightlifting                   | 140              |
| Jumping Rope: Moderate     | 167              | Wrestling                       | 182              |
| Kayaking                   | 152              | Yoga                            | 76               |