





Activity Conversion for Adults

ACTIVITY	STEPS PER MINUTE		ACTIVITY	STEPS PER MINUTE	
					
Aerobic dancing, low impact	179	165	Jumping rope, moderate	358	329
Aerobics, high impact	251	230	Jumping rope, fast	430	395
Aerobics, 6-8" step	304	280	Mowing lawn, push mower	197	181
Aerobics, 10-12" step	358	329	Pilates	125	115
Aerobics, water	143	132	Racquetball, casual	251	230
Backpacking, 0-9 lb. load	251	230	Racquetball, competitive	358	329
Backpacking, 10-20 lb. load	269	247	Roller skating	251	230
Ballet or modern, twist, jazz, tap, jitterbug	172	158	Roller blading	430	395
Baseball or softball, fast or slow pitch, general	179	165	Rowing, moderate	251	230
Basketball, non-game	215	198	Running, 08 mph (7.5 min/mile)	483	444
Basketball, game	286	263	Running, 10 mph (6 min/mile)	573	527
Basketball, wheelchair	233	214	Scrubbing floors	136	125
Bicycling, general	286	263	Shoveling snow	215	198
Bicycling, BMX or mountain	304	280	Skateboarding	179	165
Bicycling, stationary, 100 watts, light effort	197	181	Skiing, moderate downhill	215	198
Bicycling, stationary, 150 watts, moderate effort	251	230	Skiing, cross country	286	263
Bicycling, stationary, 200 watts, vigorous effort	376	346	Snowboarding	233	214
Bowling	107	99	Snowshoeing	286	263
Canoeing	143	132	Soccer, casual	251	230
Chopping wood	215	198	Soccer, competitive	358	329
Circuit training, general	286	263	Stair climber machine	322	296
Dancing, slow ballroom	107	99	Stair climbing, downstairs	107	99
Dancing, fast ballroom	161	148	Stair climbing, upstairs	286	263
Elliptical, general	286	263	Swimming, backstroke	251	230
Football, competitive	322	296	Swimming, breaststroke	358	329
Football, touch or flag	286	263	Swimming, butterfly	394	362
Gardening, moderate	161	148	Swimming laps, freestyle, moderate, light effort	251	230
Gardening, heavy	179	165	Swimming, sidestroke	286	263
Golf, without cart	161	148	Tennis, singles	286	263
Golfing, riding in cart	125	115	Tennis, doubles	215	198
Hiking	215	198	Vacuuming	125	115
Horseshoes	107	99	Volleyball	143	132
Ice skating	251	230	Walking for pleasure	125	115
Jogging, general	251	230	Washing and waxing the car	161	148
Jogging, water	286	263	Waterskiing	215	198
Judo, jujitsu, karate, kick boxing, tae kwan do	358	329	Weight lifting, light or moderate	107	99
Jumping rope, slow	286	263	Wrestling	215	198
			Yoga	90	82