

Activity Conversion for Kids

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Aerobics, moderate	231	Pulling weeds	138
Ballet	179	Racquetball	261
Baseball	186	Raking leaves	160
Basketball	306	Riding a bicycle	231
Cleaning your room	127	Rock climbing	298
Climbing stairs, moderate	261	Rollerblading/skating	242
Dancing, moderate	205	Rowing/canoeing	261
DDR/Wii, active video games	160	Rugby	328
Dodge ball	186	Running	347
Dusting	157	Sailing/boating	112
Football	328	Scooter riding	242
Four square	186	Scrubbing floors	142
Frisbee, general	112	SCUBA diving	466
Frisbee, ultimate	298	Setting the table	97
Gardening	138	Shoveling/digging	160
Golf	160	Skateboarding	186
Gymnastics	149	Skiing, cross country	298
Hacky-sack	149	Skiing, downhill	224
Hide and seek	149	Snorkeling	186
Hockey, field/ice	298	Soccer	328
Hopscotch	220	Softball	186
Horseback riding	149	Speed skating	336
Ice skating	261	Stretching	93
Indoor play	149	Surfing	186
Jogging	287	Sweeping the floor	134
Juggling	149	Swimming laps	369
Jumping rope	310	Swimming, playing in pool	149
Karate, martial arts, judo, kickboxing	373	Tai chi, yoga	93
Kayaking	186	Taking out the trash	93
Kickball	261	Tap dancing	179
Lacrosse	239	Tennis	261
Making the bed	127	Trampoline	325
Mini golf, putt putt	112	Vacuuming	157
Mopping	134	Volleyball	149
Mowing lawn, push mower	205	Walking carrying a load	157
Outdoor play	186	Walking, hard	172
Ping pong	224	Walking, light	108
Playground equipment	186	Walking, moderate	134
Playing catch	97	Washing the car	112
Playing with animals	149	Washing the dog	93
Pogo stick	325	Water skiing	224
		Weight lifting	104