

PEDOMETER STEP EQUIVALENTS

ACTIVITY	Steps Per Minute	ACTIVITY	Steps Per Minute
Aerobics, high impact	203	Racquetball, casual	203
Aerobics, low impact	145	Raking leaves	125
Aerobics, step	246	Roller skating	203
Badminton, casual	131	Rowing, light	101
Basketball, recreational	174	Rowing, moderate	203
Bicycling, leisurely	116	Running, 10 mph (6 min/mile)	463
Bicycling, stationary	203	Running, 8 mph (7.5 min mile)	391
Bowling	87	Running, 6 mph (10 min mile)	290
Canoeing, light	87	Running, 5 mph (12 min/mile)	232
Chopping wood, around home	174	Scuba diving	203
Circuit Training	232	Snow shoveling	174
Cross-country skiing	203	Snowboarding, light	150
Dancing	131	Snowboarding, moderate	182
Downhill skiing	174	Soccer, recreational	203
Elliptical trainer	203	Softball	145
Firewood, carrying	145	Stair climbing, machine	260
Firewood, sawing with handsaw	217	Stair climbing, slow	232
Firewood, stacking	145	Stretching	72
Gardening, light	116	Swimming, backstroke	203
Gardening, heavy	174	Swimming, breaststroke	290
Gardening, weeding	131	Swimming, butterfly	319
Golfing, without a cart	131	Swimming, freestyle	203
Golfing, with a cart	101	Swimming, leisure	174
Grocery Shopping	67	Swimming, treading water	116
Hiking, general	172	Tae Kwon Do	290
Horseback riding	116	Tai Chi	116
Horseback riding, trotting	188	Tennis, doubles	174
Housework, light	72	Tennis, singles	232
Housework, mopping floors	101	Trampoline	101
Housework, scrubbing the floor	110	Volleyball, leisure	87
Housework, vacuuming	101	Wash the car	87
Housework, washing windows	87	Water aerobics	116
Ice skating	203	Water skiing	174
Jumping rope	240	Wax the car	131
Karate	290	Weight lifting, moderate	87
Mowing	160	Weight lifting, vigorous	174
Orienteering	260	Yard Work	145
Painting	131	Yoga	72
Pilate's	101		