

## Convert Other Activities into Steps

Use this conversion chart to determine the equivalent number of steps for activities other than walking. You can also use the chart to calculate your steps while walking if you are temporarily without a pedometer. While participating in other activities, avoid double-counting for the same activity by not wearing your pedometer or tracker.

1. Convert your minutes of physical activity into equivalent steps
  - a. To convert other activities into steps, multiply the number of minutes you participated in the activity by the number indicated in the chart below.
  - b. For example:
    - i. 10 minutes of aerobic dance equal 1,970 steps ( $10 \times 197 = 1,970$ )
    - ii. 15 minutes spent playing baseball equal 1,665 steps ( $15 \times 111 = 1,665$ )
2. Add the converted steps to your step count for the day
3. Manually log the combined result on the reporting page

| Activity                          | Equivalent Steps/Min | Activity                        | Equivalent Steps/Min |
|-----------------------------------|----------------------|---------------------------------|----------------------|
| Aerobics, Dance (e.g. Zumba)      | 197                  | Kickball                        | 212                  |
| Aerobics, Step                    | 273                  | Lacrosse                        | 242                  |
| Aerobics, Water                   | 121                  | Lawn Mowing (Power Mower)       | 152                  |
| Backpacking                       | 195                  | Lawn Mowing (Push Mower)        | 242                  |
| Baseball                          | 111                  | Martial Arts                    | 303                  |
| Basketball (Game)                 | 242                  | Pilates                         | 76                   |
| Basketball (Shooting Baskets)     | 136                  | Racquetball                     | 212                  |
| Bicycling, Casual Pace (10 mph)   | 133                  | Roller Skating or Rollerblading | 115                  |
| Bicycling, Moderate Pace (13 mph) | 178                  | Running, 10 Minute Mile         | 222                  |
| Bicycling, Vigorous Pace (15 mph) | 222                  | Running, 12 Minute Mile         | 178                  |
| Bowling                           | 67                   | Running, 8 Minute Mile          | 278                  |
| Canoeing                          | 106                  | Soccer                          | 212                  |
| Cricket                           | 111                  | Softball                        | 152                  |
| Dancing                           | 148                  | Stair Climbing, Casual Pace     | 90                   |
| Electronic Sports (e.g. Wii, PS3) | 91                   | Stair Climbing, Vigorous Pace   | 267                  |
| Elliptical Jogger                 | 227                  | Swimming, Casual Pace           | 133                  |
| Football                          | 242                  | Swimming, Vigorous Pace         | 222                  |
| Frisbee                           | 91                   | Table Tennis                    | 121                  |
| Gardening (General)               | 121                  | Tai Chi                         | 121                  |
| Golf (Cart)                       | 78                   | Tennis                          | 212                  |
| Golf (Walking)                    | 122                  | Vacuuming                       | 94                   |
| Gymnastics                        | 121                  | Volleyball                      | 121                  |
| Health Club Exercise (General)    | 167                  | Walking, Casual Pace            | 68                   |
| Hiking                            | 182                  | Walking, Moderate Pace          | 122                  |
| Hockey (Field or Ice)             | 242                  | Walking, Vigorous Pace          | 197                  |
| House or Garage Cleaning          | 91                   | Washing the Car                 | 87                   |
| Jazzercise                        | 182                  | Weight Lifting, Moderate Effort | 67                   |
| Jogging                           | 212                  | Weight Lifting, Vigorous Effort | 133                  |
| Jumping Rope, Casual Pace         | 178                  | Wheelchair Use (Manual)         | 101                  |
| Jumping Rope, Vigorous Pace       | 244                  | Yard Work                       | 111                  |
| Kayaking                          | 152                  | Yoga                            | 76                   |