

ACTIVITY CONVERSION TO STEPS

Boost your step count by including physical activities other than walking. Multiply the number of minutes you took part in the activity by the equivalent steps per minute. (Example: 30 minutes of jogging = 5,910 steps). The result is your total steps for that session. You can also estimate steps by knowing that 2,000 steps equals one mile. Don't forget to add the total to your WebMD ONE tracker!

Aerobic dancing (moderate effort) Aerobics (high impact) Aerobics (low impact) Aerobics (moderate impact) Backpacking (carry 0–9 lb. load) Backpacking (carry 0–9 lb. load) Badminton (recreational) Baseball Basketball (game) Basketball (game) Basketball (shooting baskets) Bicycling (outdoors, casual) Bicycling (stationary, light) Bicycling (stationary, moderate) Bicycling (stationary, vigorous) Boxing (punching bag) Boxing (punching bag) Boxing (competitive) Calisthenics Canoeing Chopping Wood (rapidly) Circuit training (moderate effort) Caros-Country Skiing Dancing (fast) Downhill Snow Skiing Elliptical (moderate effort) Firewood (chopping) Fishing (from shore, walking) 133	PHYSICAL ACTIVITY	STEPS/MINUTE
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Mountain Climbing 267
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Nordic Track 232
Painting (home, walls) 79
Pilates 113
Ping Pong 90
Pool/Billiards 76

PHYSICAL ACTIVITY	STEPS/MINUTE
Racquetball (recreational)	233
Raking Leaves	127
Rock Climbing	244
Roller Blading	316
Roller Skating	214
Rowing, Indoor (light effort)	101
Rowing, Indoor (moderate/heavy)	217
Rugby	303
Running a 6 minute mile (10 mph)	463
Running a 7.5 minute mile (8 mph)	391
Running a 10 minute mile (6 mph)	290
Running a 12 minute mile (5 mph)	232
Sailing	91
Sawing wood (carpentry)	200
Scuba Diving	190
Shoveling Snow (heavy)	213
Shoveling Snow (moderate effort)	133
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The information provided is for general informational purposes only. Values provided are estimates based on metabolic equivalent of tasks data.

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.

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