



MOVE FOR A MILLION

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!

PHYSICAL ACTIVITY	STEPS/MINUTE
Aerobic dancing (moderate effort)	167
Aerobics (high impact)	243
Aerobics (low impact)	167
Aerobics (moderate impact)	203
Backpacking (carry 0–9 lb. load)	241
Badminton (recreational)	99
Ballet	120
Baseball	111
Basketball (game)	267
Basketball (shooting baskets)	150
Basketball (wheelchair)	260
Bicycling (outdoors, casual)	250
Bicycling (stationary, light)	170
Bicycling (stationary, moderate)	228
Bicycling (stationary, vigorous)	361
Bowling	87
Boxing (punching bag)	183
Boxing (competitive)	222
Calisthenics	106
Canoeing	177
Chopping Wood (rapidly)	210
Circuit training (moderate effort)	242
Cross-Country Skiing	278
Dancing (fast)	154
Dancing (socially)	97
Downhill Snow Skiing	176
Elliptical (moderate effort)	167
Firewood (carrying)	176
Firewood (chopping)	198
Fishing (from boat, sitting)	67
Fishing (from shore, walking)	133

PHYSICAL ACTIVITY	STEPS/MINUTE
Football (leisure)	275
Football (playing competitively)	309
Gardening (general)	127
Golf (with cart)	97
Golf (without cart)	97
Grocery Shopping/Mall	89
Gymnastics	89
Handball (recreational)	142
Hiking (climbing hills, 10–20 lb. load)	243
Hiking (normal pace, fields & hillsides)	185
Hockey (ice, field)	267
Horseback riding (trotting)	102
Horseshoes	71
Housework/Cleaning	80
Ice skating (rapidly, not competitive)	163
Jogging	197
Jump Rope (fast)	370
Jump Rope (moderate effort)	278
Jump Rope (slow)	242
Karate/Judo	236
Kayaking	152
Kickboxing	290
Miniature Golf	91
Mopping/Scrubbing Floors	117
Mountain Climbing	267
Mowing lawn (walk, power mower)	168
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
Skateboarding	152
Skee-Ball	52
Sledding	212
Snowboarding	182
Snowshoeing	220
Soccer (casual)	207
Softball	152
Spinning	240
Squash	348
Squats	205
Stacking firewood (moderate effort)	183
Stair Climb (down stairs)	71
Stair Climb (machine)	260
Stair Climb (up stairs)	181
Stretching	77

PHYSICAL ACTIVITY	STEPS/MINUTE
Surfing	91
Swimming (backstroke)	172
Swimming (breaststroke)	249
Swimming (laps, freestyle)	218
Swimming (side stroke, general)	275
Tae Kwon Do	290
Tai Chi	8
Tennis (doubles)	160
Tennis (singles)	338
Trampoline	101
Trimming Trees/Shrubs (manually)	116
Ultimate Frisbee	267
Vacuuming	104
Volleyball (beach, in sand)	267
Volleyball (game)	142
Volleyball (recreational)	70
Walking, brisk	167
Walking, moderate pace	150
Walking, strolling	67
Washing/Waxing Car	117
Water Aerobics	177
Water Skiing/Wakeboarding	200
Water Walking (light effort)	83
Water Walking (moderate effort)	150
Weight Lifting (moderate effort)	105
Weight Lifting (strenuous effort)	206
Wheelchair Use (manual)	101
Wrestling	207
Yard Work	135
Yoga (Hatha)	86
Yoga (power)	133
Zumba	148

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.

REFERENCES

Ainsworth BE, Haskell WL, Herrmann SD et al. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Medicine and Science in Sports and Exercise*. 2011 Aug; 43(8):1575-81.

Nasa.gov. Convert Activities to Steps. Accessed March 2, 2021.

cdc.gov. General Physical Activities Defined by Level of Intensity. Accessed March 2, 2021.

© WebMD Health Services Group, Inc.