

Step Conversion Chart for Adults

ACTIVITY	STEPS PER MINUTE:		ACTIVITY	STEPS PER MINUTE:	
	Women	Men		Women	Men
Aerobic Dancing (low impact)	142	127	Jogging (in water)	212	199
Aerobics (high impact)	189	181	Judo and Karate	260	254
Aerobics Step 6-8 inch step	236	218	Jumping Rope (slow)	212	199
Aerobics Step 10-12 inch step	260	254	Jumping Rope (moderate)	260	254
Backpacking on hill with under 10 lb load	189	181	Jumping Rope (fast)	330	290
Backpacking on hill with 10 lb - 20 lb load	212	199	Kickboxing (moderate)	330	290
Ballet Dancing	118	127	Kickboxing (vigorous)	401	363
Baseball	142	127	Kickboxing (very vigorous)	472	435
Basketball (leisurely, non-game)	165	127	Mowing	142	127
Basketball (game)	212	145	Pilates	94	91
Basketball (playing in wheelchair)	165	163	Racquetball (casual)	189	181
Bicycling	212	199	Racquetball (competitive)	260	254
Bicycling (BMX or mountain)	236	218	Rowing	189	181
Bicycling - Stationary -general	189	181	Running 08 mph (7.5 min/mile)	354	326
Bicycling - Stationary -light	142	145	Running 10 mph (6 min/mile)	425	399
Bicycling - Stationary -moderate	189	181	Scrubbing Floors	94	91
Bicycling - Stationary -vigorous	283	254	Shoveling Snow	165	145
Bowling	71	73	Skiing Cross-Country	212	181
Canoeing	94	91	Skiing Downhill (moderate to steep)	165	145
Chopping Wood	165	145	Snowshoeing	212	199
Circuit Training (general)	212	199	Soccer (casual)	189	181
Dancing Ballroom (slow)	71	73	Soccer (competitive)	260	254
Dancing Ballroom (fast)	118	109	Stair Climber Machine	236	218
Dancing Country	118	109	Stair Climbing - down stairs	71	73
Dancing Disco	118	109	Stair Climbing - up stairs	212	199
Dancing Line	118	109	Swimming Backstroke	189	181
Dancing Square	118	109	Swimming Breaststroke	260	254
Dancing Swing	118	109	Swimming Butterfly	283	272
Elliptical Jogger (medium)	236	218	Swimming Freestyle	189	181
Football Tackle	236	218	Swimming Pleasure	165	145
Football Touch/Flag	212	199	Swimming Sidestroke	212	199
Gardening, (heavy)	142	145	Tennis (doubles)	165	145
Gardening, (moderate)	118	109	Tennis (singles)	212	199
Golf (general)	118	109	Vacuuming	94	73
Golfing (riding in cart)	94	91	Volleyball	118	91
Horseshoes	71	73	Walking	94	91
Ice Skating (leisurely)	189	181	Washing the Car	71	73
In-line Skating	200	190	Waterskiing	165	145
Jogging (general)	189	181	Waxing the Car	118	109
			Weight Lifting	71	73
			Wrestling	165	145
			Yoga	71	54

Source: America on the Move

Step Conversion Chart for Children

Physical Activities Can be Fun AND Healthy!

There are many ways to be more physically active without being involved in organized sports or going to the gym. Counting steps is a fun way to determine if you are getting enough physical activity every day. The table below shows how many steps the average middle school boy¹ and girl² get for doing some of their favorite activities.

ACTIVITY	STEPS PER MINUTE:	
	Boys	Girls
Baseball	150	146
Basketball	226	218
Bicycling (moderate)	226	218
Bowling	75	73
Cheerleading	113	109
Clearing Dishes	75	75
Dancing	113	146
Field Hockey	226	218
Flag Football	226	218
Horseback Riding	113	109
Inline Skating	237	237
Miniature Golf	75	73
Shopping in the Mall	75	73
Skiing (downhill, moderate)	150	182
Soccer	301	291
Swimming (leisure)	150	182
Ultimate Frisbee	226	218
Volleyball	113	109
Walking	75	109
Washing the Car	75	73

So the average Middle School girl would get 1460 steps just for shopping in the mall for 20 minutes. The average boy would earn an equivalent of 1500 steps while washing the family car for 20 minutes! As you can see, doing fun activities throughout the day can make those steps really add up!

1 According To CDC Growth Charts, The Average 13 Year Old Boy is 62 inches tall and weighs 98 lbs.

2 According To CDC Growth Charts, The Average 13 Year Old Girl is 62 inches tall and weighs 102 lbs.

Source: America on the Move