### Aerobics/Group Fitness Classes

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>STEPS PER MINUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics, high intensity</td>
<td>190</td>
</tr>
<tr>
<td>Aerobics, low intensity</td>
<td>115</td>
</tr>
<tr>
<td>Aerobics, moderate intensity</td>
<td>154</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>290</td>
</tr>
<tr>
<td>Pilates</td>
<td>101</td>
</tr>
<tr>
<td>Stretching</td>
<td>6</td>
</tr>
<tr>
<td>Water aerobics</td>
<td>100</td>
</tr>
<tr>
<td>Yoga</td>
<td>100</td>
</tr>
</tbody>
</table>

### Daily Activities

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>STEPS PER MINUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auto repair/shop tasks</td>
<td>91</td>
</tr>
<tr>
<td>Children's playground games</td>
<td>136</td>
</tr>
<tr>
<td>Cooking</td>
<td>61</td>
</tr>
<tr>
<td>Electronic Sports/Wii/PS3/X-Box</td>
<td>91</td>
</tr>
<tr>
<td>Firewood, carrying</td>
<td>176</td>
</tr>
<tr>
<td>Firewood, chopping</td>
<td>300</td>
</tr>
<tr>
<td>Firewood, sawing with handsaw</td>
<td>113</td>
</tr>
<tr>
<td>Firewood, stacking</td>
<td>89</td>
</tr>
<tr>
<td>Gardening, heavy</td>
<td>155</td>
</tr>
<tr>
<td>Gardening, hoeing, moderate</td>
<td>93</td>
</tr>
<tr>
<td>Gardening, weeding</td>
<td>73</td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>67</td>
</tr>
</tbody>
</table>

### Conversion Examples:

1. Walking, normal pace, 100 steps per minute x 45 minutes = 4,500 steps / 2,000 steps in 1 mile = 2.25 miles (round down to 2 miles)
2. Kickboxing, 290 steps per minute x 120 minutes = 34,800 steps / 2,000 steps in 1 mile = 17.4 miles (round down to 17 miles)
3. Aerobics, high intensity, 190 steps per minute x 30 minutes = 5,700 steps / 2,000 steps in 1 mile = 2.85 miles (round up to 3 miles)
Housework, general 30
Housework, mopping 85
Housework, scrubbing the floor 140
Housework, vacuuming 94
Housework, window cleaning 75
Mowing the lawn 135
Painting (house, fence, etc.) 80
Raking leaves 125
Snow shoveling, light 133
Snow shoveling, moderate 174
Snow shoveling, heavy 278
Stretching 6
Washing the car 75
Waxing the car 100
Yard work, general 145

Outdoor Recreational Activities
Backpacking 212
Canoeing, leisurely (2.5 mph) 70
Climbing, rocks/mountains 273
Cricket 111
Croquet 76
Fishing, from bank/walking 111
Fishing, from boat/sitting 56
Golfing, with a cart 70
Golfing, without a cart 100
Hiking 155
Hiking, 10 lb. load 180
Hiking, 30 lb. load 235
Horseback riding, leisurely 31
Horseback riding, trotting 102
Hunting 152
Kickball 212
Lawn bowling/shuffle board 91
Miniature golf 91
Orienteering 151
Roller skating, moderately 173
Rollerblading, moderately 173
Rowing, heavy 289
Rowing, leisurely 75
Rowing, moderately 150
Sailing (boat, board, windsurfing, etc.) 91
Scuba diving 190
Skateboarding 152
Sledding 212
Snorkeling 152
Snow mobiling 106
Surfing 91
Tennis, doubles 110
Tennis, singles 160

**Sports**

Badminton, recreational 98
Baseball 111
Basketball, competitive 220
Basketball, recreational 130
Billiards 65
Bowling 57
Bowling on the Wii 61
Boxing, competitive 213
Boxing, non-competitive 131
Calisthenics, light to moderate 106
Calisthenics, vigorous 242
Cheerleading 100
Fencing 133
Football 189
Frisbee, general 67
Golfing, with a cart 70
Golfing, without a cart 100
Gymnastics 89
Handball, competitive 230
Handball, recreational 142
Hockey, field/ice 242
<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kickball</td>
<td>212</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>242</td>
</tr>
<tr>
<td>Racquetball, competitive</td>
<td>205</td>
</tr>
<tr>
<td>Racquetball, recreational</td>
<td>138</td>
</tr>
<tr>
<td>Rugby</td>
<td>303</td>
</tr>
<tr>
<td>Skateboarding</td>
<td>152</td>
</tr>
<tr>
<td>Soccer, competitive</td>
<td>195</td>
</tr>
<tr>
<td>Soccer, recreational</td>
<td>144</td>
</tr>
<tr>
<td>Softball</td>
<td>145</td>
</tr>
<tr>
<td>Squash</td>
<td>205</td>
</tr>
<tr>
<td>Surfing</td>
<td>91</td>
</tr>
<tr>
<td>Table tennis/ping pong</td>
<td>90</td>
</tr>
<tr>
<td>Tennis, doubles</td>
<td>110</td>
</tr>
<tr>
<td>Tennis, singles</td>
<td>160</td>
</tr>
<tr>
<td>Volleyball, competitive</td>
<td>120</td>
</tr>
<tr>
<td>Volleyball, recreational</td>
<td>70</td>
</tr>
<tr>
<td>Water Polo</td>
<td>222</td>
</tr>
<tr>
<td>Wrestling</td>
<td>182</td>
</tr>
</tbody>
</table>

**Cross-Training/Cardio/Resistance Training**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circuit training</td>
<td>178</td>
</tr>
<tr>
<td>Cycling, 5 mph</td>
<td>55</td>
</tr>
<tr>
<td>Cycling, 10 mph</td>
<td>93</td>
</tr>
<tr>
<td>Cycling, 15 mph</td>
<td>160</td>
</tr>
<tr>
<td>Cycling, 20 mph</td>
<td>200</td>
</tr>
<tr>
<td>Elliptical trainer, fast</td>
<td>270</td>
</tr>
<tr>
<td>Elliptical trainer, medium</td>
<td>200</td>
</tr>
<tr>
<td>Health club exercise, general</td>
<td>167</td>
</tr>
<tr>
<td>Jumping rope, moderate/fast</td>
<td>244</td>
</tr>
<tr>
<td>Jumping rope, slow</td>
<td>178</td>
</tr>
<tr>
<td>Punching bag</td>
<td>182</td>
</tr>
<tr>
<td>Rowing, heavy</td>
<td>289</td>
</tr>
<tr>
<td>Rowing, leisurely</td>
<td>75</td>
</tr>
<tr>
<td>Rowing, moderately</td>
<td>150</td>
</tr>
<tr>
<td>Stationary bike, moderate</td>
<td>212</td>
</tr>
<tr>
<td>Stationary bike, vigorous</td>
<td>318</td>
</tr>
<tr>
<td>Stair climbing at 26 stairs/min</td>
<td>89</td>
</tr>
</tbody>
</table>
Stair climbing at 39 stairs/min 133
Stair climbing at 52 stairs/min 180
Stair climbing at 78 stairs/min 267
Stair climbing at 91 stairs/min 309
Stair climbing at 100 stairs/min 311
Stretching 6
Weight lifting, 40s between sets 255
Weight lifting, 60s between sets 190
Weight lifting, 90s between sets 125
Weight lifting, abdominal only 64
Weight lifting, arms only 42
Weight lifting, back only 80
Weight lifting, legs only 96
Weight lifting, shoulders only 69

Cycling
Cycling, 5 mph 55
Cycling, 10 mph 93
Cycling, 15 mph 160
Cycling, 20 mph 200

Dancing
Ballet 120
Ballroom dancing, fast 167
Ballroom dancing, slow 91
Dancing, choreographed 158
Dancing, fast 175
Dancing, slow 55
Dancing, socially 100
Jazercise 182
Line dancing 139
Square dancing 136

Other
Drill team/military formation 153

Skating
Ice skating, competitive 170
Ice skating, leisurely 95
In-line skating, leisurely 84
Roller-skating, moderately 173
Rollerblading, moderately 173

Martial Arts
Judo, competitive 185
Karate 290
Kickboxing 290
Martial arts, general 303
Tae Kwon Do 290
Tai Chi 8

Running
Running, 5 mph (12 min mile) 185
Running, 6 mph (10 min mile) 230
Running, 8 mph (7.5 min mile) 305
Running, 10 mph (6 min mile) 350

Skiing (snow & water)
Skiing, cross country, slowly 110
Skiing, cross country, rapidly 330
Skiing, cross country, moderately 220
Skiing, downhill, moderately 244
Skiing, downhill, rapidly 244
Skiing, downhill, slowly 130
Skiing, water 160
Skimobiling 212
Snow boarding, moderate 182
Snowshoeing 156
Surfing 91

Swimming
Swimming, 25 yards/min 120
Swimming, 50 yards/min 225
Swimming, 75 yards/min 290
Swimming, back stroke at 1 mph 111
Swimming, back stroke at 2 mph 196
Swimming, breast stroke at 1 mph 89
Swimming, breast stroke at 2 mph 178
Swimming, crawl stroke at 1 mph 91
Swimming, crawl stroke at 2 mph 156
Swimming, treading water 98

Walking
Walking, fast pace 197
Walking, normal pace 100
Walking in water, normal pace 49

Sources:
http://www.takesteps.univerahealthcare.com/stepChartPop.jsp
http://www.munsonhealthcare.org/upload/docs/HR/mywellness/conversion_chart.pdf
http://moonwalk.palmpeoria.org/Moon%20Walk%20Miles%20Conversion%20Chart.pdf