

STEPS PER 30 MINUTES

Pedometer Step Equivalents for Exercises and Activities

Walking Pedometer Steps Equivalents

1 mile = 2000 average steps (range 1900 – 2400)

1 block = 200 average steps

Activity – Steps per 30 Minutes

Walking 3 mph – 3000

Walking slow – under 2 mph – 1818

Walking slow - 2 mph – 2273

Walking 3.5 miles per hour – 3455

Walking 4 miles per hour – 4545

Walking 5 miles per hour – 7273

Race walking – 5909

Aerobic dance – 5909

Backpacking – 6364

Badminton - 4091

Ballroom dancing – fast – 5000

Ballroom dancing – slow – 2727

Basketball – shooting baskets – 4091

Basketball game – 7273

Bicycling – 7273

Bicycling fast – 10909

Bicycling under 10 mph – 3636

Billiards/pool – 2273

Bowling – 2727

Callisthenics – vigorous – 7273

Callisthenics – light to moderate – 3182

Canoeing – 3182

Children's playground games – 4091

Circuit training – 7273

Climbing – rock or mountain – 8182

Cooking – 1818
Croquet – 2273
Fencing – 5455
Fishing – 2727
Football – 7273
Frisbee – 2727
Gardening – 3636
Golf – 4091
Gymnastics – 3636
Handball – 10909
Health club exercise, general – 5000
Hiking – 5455
Hiking – orienteering – 8182
Hockey – field and ice – 7273
Home/auto repair and shop tasks – 2727
Horseback riding – 3636
House cleaning – 2727
Hunting – 4545
Ice Skating – 6364
Inline skating – 10909
Jazzercise – 5455
Jogging – 6364
Jogging on a mini trampoline – 4091
Jump rope – 9091
Kayaking – 4545
Kickball – 6364
Lacrosse – 7273
Lawn Bowling, shuffleboard – 2727
Lawn mowing – power mower – 4545
Martial arts – 9091
Miniature Golf – 2727
Punching bag – 5455
Raking lawn and leaves – 3636
Racquetball – 6364

Roller skating – 6364
Rowing machine – 6364
Rowing machine, vigorous – 7727
Rugby – 9091
Running – 5mph - 12 minute miles – 7273
Running – 6mph – 10 minute miles – 9091
Running – 7mph – 8.5 minute miles – 10455
Running – 8mph – 7.5 minute miles – 12273
Sailing, boat and board, windsurfing – 2727
Scuba diving – 6364
Shopping – 2091
Skateboarding – 4545
Ski Machine – 6364
Skiing – cross country – 7273
Skiing – downhill – 5455
Skimobiling – 6364
Sledding – 6364
Snorkelling – 4545
Snowmobiling – 3182
Soccer – 6364
Softball – 4545
Square Dancing – 4091
Squash – 10909
Stairmaster – 8182
Stationary bicycling (moderate effort) – 6364
Stationary bicycling (vigorous effort) – 9545
Step aerobics – 8182
Stretching, yoga – 2273
Surfing – 2727
Swimming laps – moderate – 6364
Swimming laps – vigorous – 9091
Swimming leisurely – 5455
Table tennis – 3636
Tai Chi – 3636

Tennis – 6364
Volleyball – 3636
Water Aerobics – 3636
Water Jogging – 7273
Water polo – 9091
Waterskiing – 5455
Weight lifting, moderate effort – 3636
Weight lifting, vigorous effort – 5455
Wrestling – 5455
Yoga – 2273

This chart is based on MET – Metabolic Equivalent of various physical activities.

References: AINSWORTH BE, Haskell WL, Whitt MC, Irwin ML, SWARTZ AM, STEATH KH, Emlaincourt PO, Jacobs DR Jr, LEON AS. Compendium of Physical Activities: An update of activity codes and MET intensities. *Med Sci Sports Exerc* 2000;32 (Suppl): S498-S516. AINSWORTH BE, Haskell WL, Leon AS, Jacobs DR Jr, Montoye HJ, Sallis JF, Paffenbarger RS Jr. Compendium of Physical activities: Classification of energy costs of human physical activities. *Med Sci Sports Exerc* 1993; 25:71-80.