

Activity	Steps per Minute
Aerobics, low impact	125
Aerobics, step	153
Backpacking	181
Ballet dancing	120
Baseball	130
Basketball, recreational	130
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Billiards/pool	76
Bowling	71
Bowling on the Wii	61
Boxing, non-competitive	131
Calisthenics	222
Canoeing	106
Cheerleading	91
Children's playground game	136
Circuit training	199
Climbing, rock/mountain	270
Cooking	61
Croquet	76
Dancing, class	109
Dancing, salsa/country/swing	109
Dancing, party	109
Elliptical trainer	203
Firewood-carrying/chopping	60
Fishing	91
Frisbee	91
Gardening	80
Golf, carrying clubs	109
Golf, powered cart	80
Grocery shopping	67

Activity	Steps per Minute
Gymnastics	121
Hiking	172
Home/auto repair	91
Horseback riding	90
Horseshoes	71
Housework, light	72
Ice skating, general	84
in-line skating	190
Jogging	181
Judo & Karate	236
Jumping rope, fast	300
Jumping rope, moderate	250
Kayaking	152
Kickboxing	290
Mopping	60
Mowing lawn	120
Painting (a room)	78
Pilates	91
Punching bag	180
Raking lawn/leaves	121
Rollerblading	156
Rowing machine	212
Running, 12-minute mile	178
Running, 10-minute mile	222
Running, 8-minute mile	278
Sailing, boat and board	91
Scrubbing floors	71
Scuba diving	203
Shopping	70
Shoveling snow	145
Skateboarding	102
Skeeball	52

Activity	Steps per Minute
Skiing, light/moderate	109
Skiing, cross-country	114
Sledding	158
Snowboarding	182
Snowmobiling	106
Snowshoeing	181
Soccer, recreational	181
Spinning	200
Stair climbing, machine	200
Stair climbing, up stairs	181
Stretching	15
Surfing	91
Swimming, backstroke	181
Swimming, butterfly	272
Swimming, freestyle	181
Swimming, leisure	174
Swimming, treading water	116
Table tennis	120
Tae Bo	250
Tae Kwon Do	290
Tai Chi	40
Trampoline	90
Vacuuming	94
Walking, stroll	61
Walking, average	84
Washing a car	71
Water aerobics	116
Waxing a car	80
Weight lifting	67
Yard work	89
Yoga	45