

## **Walking Pedometer Steps Equivalents**

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

1 block = 200 average steps

### **Activity - Steps Per Minute**

Walking 3 mph - 100

Walking slow - under 2 mph - 61

Walking slow - 2 mph - 76

Walking 3.5 miles per hour - 115

Walking 4 miles per hour - 152

Walking 5 miles per hour - 242

Race walking - 197

Aerobic dance - 197

Backpacking - 212

Badminton - 136

Ballroom dancing - fast - 167

Ballroom dancing - slow - 91

Basketball - shooting baskets - 136

Basketball game - 242

Bicycling - 242

Bicycling fast - 364

Bicycling under 10 mph - 121

Billiards/pool - 76

Bowling - 91

Calisthenics - vigorous - 242

Calisthenics - light to moderate - 106

Canoeing - 106

Children's playground games - 136

Circuit training - 242

Climbing - rock or mountain - 273

Cooking - 61

Croquet - 76

Fencing - 182

Fishing - 91

Football - 242

Frisbee - 91

Gardening - 121

Golf - 136

Gymnastics - 121

Handball - 364

Health club exercise, general - 167

Hiking - 182

Hiking - orienteering - 273

Hockey - field and ice - 242

Home/auto repair and shop tasks - 91

Horseback riding - 121  
House cleaning - 91  
Hunting - 152  
Ice Skating - 212  
Inline skating - 364  
Jazzercise - 182  
Jogging - 212  
Jogging on mini-trampoline - 136  
Jump rope - 303  
Kayaking - 152  
Kickball - 212  
Lacrosse - 242  
Lawn bowling, shuffleboard - 91  
Lawn mowing -power mower - 152  
Martial arts - 303  
Miniature golf - 91  
Punching bag - 182  
Raking lawn and leaves - 121  
Racquetball - 212  
Roller skating - 212  
Rowing machine - 212  
Rowing machine, vigorous - 258  
Rugby - 303  
Running - 5 mph - 12 minute miles - 242  
Running - 6 mph - 10 minute miles - 303  
Running - 7 mph - 8.5 minute miles - 348  
Running - 8 mph - 7.5 minute miles - 409  
Sailing, boat and board, windsurfing - 91  
Scuba diving - 212  
Shopping - 70  
Sitting - 30  
Skateboarding - 152  
Ski machine - 212  
Skiing - cross country - 242  
Skiing - downhill - 182  
Skimobiling - 212  
Sledding - 212  
Snorkeling - 152  
Snowmobiling - 106  
Soccer - 212  
Softball - 152  
Square dancing - 136  
Squash - 364  
Stairmaster - 273  
Stationary bicycling (moderate effort) - 212  
Stationary bicycling (vigorous effort) - 318  
Step aerobics - 273  
Stretching, yoga - 76  
Surfing - 91

Swimming laps - moderate - 212  
Swimming laps - vigorous - 303  
Swimming leisurely - 182  
Table tennis - 121  
Tai chi - 121  
Tennis - 212  
Volleyball - 121  
Water aerobics - 121  
Water aerobics - 121  
Water jogging - 242  
Water polo - 303  
Waterskiing - 182  
Weight lifting, moderate effort - 121  
Weight lifting, vigorous effort - 182  
Wrestling - 182  
Yoga - 76