



GET IN-STEP WITH YOUR HEALTH

Make your activity count.

Taking steps towards better health doesn't always mean walking. Other activities can easily be converted into steps using the chart below*. Simply multiply the steps indicated by the number of minutes you were active. For example, 30 minutes of light housework equals 2,272.5 steps. (30 minutes x 75.75). Activities not listed below can be calculated using the following equation: each mile of activity equals 2,000 steps. **Be sure to log your steps in the Sharecare app daily.**

Activity	Steps Per Minute	Activity	Steps Per Minute
Aerobics, high intensity	242	Racquetball, competitive	303.05
Aerobics, low intensity	106.05	Racquetball, leisurely	212.1
Aerobics, water	121.2	Rock climbing, ascending	333.35
Badminton, game	212.1	Rock climbing, rappelling	242.4
Badminton, recreational	136.35	Rowing, intense	257.6
Basketball, game	242.4	Rowing, moderate	212.1
Basketball, recreational	181.8	Rowing, leisurely	106.05
Bowling	90.9	Skating, ice, intense	272.75
Boxing, competitive, in a ring	363.65	Skating, ice, leisurely	166.65
Boxing, non-competitive	181.8	Skating, in-line	363.65
Canoeing, leisurely	121.2	Skating, roller-skating	212.1
Circuit training	242.4	Skating, skateboarding	151.5
Cycling, <10 mph, leisurely	121.2	Skiing, cross-country, intense	272.75
Cycling, 11 – 13 mph, moderate	242.4	Skiing, cross-country, moderate	242.4
Cycling, 14 - 16 mph, intense	303.05	Skiing, cross-country, leisurely	212.1
Dancing, fast	136.35	Skiing, downhill	181.8
Dancing, slow	90.9	Skiing, water	181.8
Football, game	272.75	Rope jumping, intense	363.65
Football, leisurely	242.4	Rope jumping, leisurely	242.4
Gardening, heavy	151.5	Snowshoeing	181.8
Gardening, moderate	121.2	Snow shoveling	181.8
Golfing, walking, no cart	136.35	Soccer, game	303.05
Golfing, with a cart	106.05	Soccer, recreational	212.1
Golfing, miniature or driving range	90.9	Softball or baseball	151.5
Gymnastics	121.2	Squash	363.65
Handball, game	363.65	Stair climbing machine	272.75
Hockey, ice	242.4	Swimming laps, intense	303.05
Hockey, field	242.4	Swimming laps, moderate	212.1
Horseback riding, leisurely	75.75	Tai Chi	121.2
Horseback riding, trotting	196.95	Tennis, doubles	151.5
Housework, vacuuming or mopping floors	106.05	Tennis, singles	212.1
Housework, cleaning, intense	121.2	Volleyball, game	242.4
Housework, cleaning, light	75.75	Volleyball, recreational	90.9
Mowing lawn	166.65	Washing the car	90.9
Ping pong	121.2	Weightlifting	90.9
Racquetball, competitive	303.05	Yoga	75.75

* Based on the American College of Sports Medicine's Compendium of Physical Activities

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