

Activity Conversion Chart

| Physical Activity | Steps per minute of activity | Physical Activity | Steps per minute of activity |
|------------------------|------------------------------|---------------------------------|------------------------------|
| Aerobics, low impact | 125 | Sawing Wood | 113 |
| Aerobics, moderate | 153 | Shoveling Heavy Snow | 278 |
| Aerobics, high impact | 181 | Skiing, downhill | 109 |
| Basketball | 100 | Skiing, cross-country | 114 |
| Canoeing | 72 | Snowshoeing | 156 |
| Chopping Wood | 60 | Soccer | 144 |
| Dancing, all types | 133 | Stationary Bicycling, leisurely | 100 |
| Football | 133 | Stationary Bicycling, moderate | 181 |
| Gardening | 73 | Stationary Bicycling, vigorous | 250 |
| Golf, walking | 100 | Stretching | 6 |
| Horseshoes | 52 | Swimming laps, light/moderate | 200 |
| Ice skating, leisurely | 84 | Tai Chi | 8 |
| Judo and Karate | 236 | Tennis | 200 |
| Mopping | 51 | Volleyball | 90 |
| Painting | 78 | Walking | 125 |
| Racquetball | 138 | Water Aerobics | 100 |
| Rollerblading | 200 | Waterskiing | 136 |
| Rowing, light effort | 74 | Weightlifting | 100 |
| Rowing, moderate | 153 | Yoga | 50 |

Sources: The Step Diet by James Hill and John Peters, 2004; Excellus Blue Cross Blue Shield; Davis County Government, Utah; Wegmans.com; Shape Up Across Colorado Activity Chart.

Step Facts

Measure your progress by the number of steps you are covering each day. Generally speaking you can count on 2,000 steps equaling one mile.

- 10,000 steps is considered 5 miles
- 200 steps is about one city block
- 9 holes of golf (walking) equal about 8,000 steps
- Most people will do about 1,200 steps in about 10 minutes

You are:

| | |
|-------------------|------------------------------|
| Very Inactive | 2,500 Steps or less per day |
| Inactive | 2,501 - 5,000 Steps per day |
| Moderately Active | 5,001 - 7,500 Steps per day |
| Active | 7,501 - 10,000 Steps per day |
| Very Active | 10,001 Steps or more per day |