

RISE TO THE CHALLENGE

STRIDE TOGETHER CHALLENGE

ACTIVITY-TO-STEPS CONVERSION GUIDE



Taking steps toward better health doesn't always mean walking. Whether you're swimming, cycling, or enjoying another activity, you can convert your movement into steps using the chart below and continue tracking your progress.

- 1. Find the activity** you completed on the chart below.

NOTE: Conversions are estimates - your actual steps may vary.

- 2. Multiply** the number of minutes you participated in the activity by the number of equivalent steps indicated in the chart.

- 3. Add Converted Steps to your step count for the day.**

Note: to avoid double counting your steps, remove your activity tracker while participating in the activities below.

EXAMPLE #1: Pickleball

- 150 step per minute
- 60 minutes of pickleball X 150 = 9000 steps

EXAMPLE #2: Swimming

- 106 step per minute
- 30 minutes of swimming X 106 = 3180 steps

EXAMPLE #3: Stretching

- 60 step per minute
- 15 minutes of stretching X 60 = 900 steps

EXAMPLE #4: Cycling

Cycling (moderate) = 242 step per minute
45 minutes of cycling X 242 = 10,890 steps

- 4. Can't find an activity?** If an activity is not on the list, choose an activity that is most similar. Keep in mind, these values provide an estimate based on step count.
- 5. [Activity to Step Calculator](#).** To check out the activity-to-step calculator, simply enter your activity type and duration to get an estimated step count equivalent. This tool helps convert various physical activities into step equivalents for easy tracking!

ACTIVITY	STEPS PER MINUTE
Aerobics (low intensity)	106
Aerobics (high intensity)	242
Aerobics (step)	273
Aerobics (water)	121
Badminton	136
Ballet	120
Barre (moderate)	70
Barre (vigorous)	90
Baseball	111
Basketball (game)	242
Basketball (recreational)	182
Basketball (shooting baskets)	136
Basketball (wheelchair)	164
Boot Camp	133
Bowling	91
Boxing	131
Canoeing	106
Circuit Training	242
Crossfit (slow)	143
Crossfit (fast)	218
Cycling (leisure <10mph)	121
Cycling (moderate 11-13mph)	242
Cycling (intense 14-16mph)	304
Dancing	125
Electronic Sports (Wii, PS3)	91
Elliptical Trainer	227
Fishing	91
Fitness Class (low impact)	152
Fitness Class (high impact)	212
Football (recreational)	242

ACTIVITY	STEPS PER MINUTE
Football (game)	273
Frisbee	91
Gardening	121
Golf (cart)	107
Golf (walking)	136
Handball	364
HIIT	239
Hiking	182
Hockey (field or ice)	242
Horseback riding	76
Housework (light)	91
Ice Skating (leisure)	87
Ice Skating (moderate)	122
Jogging	212
Jumping Rope, causal pace	121
Jumping Rope, vigorous pace	242
Kayaking	152
Kickboxing	290
Lacrosse	242
Lawn Mowing	135
Martial Arts	303
Mountain Biking	222
P90X	160
Paddleboarding	145
Pilates	91
Pickleball	150
Ping Pong	121
Plyometrics	352
Punching Bag	182
Racquetball (leisure)	212

ACTIVITY	STEPS PER MINUTE
Racquetball (competitive)	254
Rock Climbing	244
Rollerblading	115
Rowing (leisure)	75
Rowing (moderate)	150
Rowing (heavy)	289
Running (6-minutemile)	424
Running (6.5-minute mile)	386
Running (7-minute mile)	356
Running (7.5-minute mile)	331
Running (8-minute mile)	294
Running (8.5-minute mile)	283
Running (9-minute mile)	263
Running (9.5-minute mile)	247
Running (10-minute mile)	235
Running (10.5-minute mile)	226
Running (11-minute mile)	220
Running (11.5-minute mile)	213
Running (12-minute mile)	209
Skateboarding	102
Skiing/Snowboarding	150
Soccer (recreational)	145
Soccer (competitive)	200
Softball	152
Spinning Class	240
Stair Climbing (Casual)	90
Stair Climbing (Vigorous)	222
Stretching	60
Surfing	80
Swimming (moderate)	106

ACTIVITY	STEPS PER MINUTE
Swimming (intense)	136
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (freestyle)	181
Swimming (treading water)	116
Tai Chi	91
Tennis (singles)	264
Tennis (doubles)	121
Vacuuming	87
Volleyball (leisure)	70
Volleyball (game)	121
Walking, 2mph	78
Walking, 3mph	100
Walking, 4mph	152
Washing Car	76
Waterskiing/Wakeboarding	145
Weightlifting (Moderate)	67
Weightlifting (Vigorous Effort)	133
Weightlifting (back)	80
Weightlifting (legs)	64
Weightlifting (shoulders)	69
Weightlifting (core)	64
Weightlifting (arms)	42
Wheelchair Use (manual)	101
Wrestling	167
Yard Work (light)	111
Yard Work (heavy)	80
Yoga	107
Zumba	181