

Fitness Conversion Chart

Convert Activity to Steps



Multiply the number of minutes of the activity X the conversion factor to get equivalent steps (Example: Aerobic fitness 30 minutes times 181 = 5,430)

Activity	Conversion Factor	Steps (30 Minutes)
Aerobic fitness class	181	5,430
Aerobic, low impact	125	3,750
Backpack	195	5,850
Basketball (shooting baskets)	174	5,220
Basketball (playing by wheelchair)	164	4,920
Bicycling, moderate pace	170	5,100
Bowling	87	2,610
Climb (rock/mountain)	270	8,100
Dance (lively)	131	3,930
Elliptical training	203	6,090
Fishing	91	2,730
Frisbee	91	2,730
Gardening (light)	116	3,480
Golf, no care, carry clubs, 18 holes	131	3,930
Hike General	172	5,160
House/garage cleaning	101	3,030
Mow lawn (push)- small lot	160	4,800
Racquetball, casual	181	5,430
Rocking	75	2,250
Roller-skate/rollerblade	203	6,090
Run, 6 mph (10 min mile)	290	8,700
Scrub floors	71	2,130
Shop (grocery, mall)	71	2,130
Skateboard	152	4,560
Stair climbing, machine	200	6,000
Stair climbing, up stairs	181	5,430
Swimming, freestyle	181	5,430
Vacuum house	94	2,820
Walking (brisk walk)	100	3,000
Walking/Strolling	76	2,280
Wash car (small)	71	2,130
Wash car (truck)	87	2,610
Weight lift, moderate	87	2,610
Wheelchair use (manual)	101	3,030
Yoga (light)	45	1,350
Yoga (moderate)	72	2,160
Zumba	148	4,440