



# CONVERSION FOR ACTIVITIES

WE BASE OUR CONVERSIONS FROM A 2013 PURDUE STUDY CALLED "WALK TO THE MOON".

Activity	Step conversion per minute	Activity	Step conversion per minute
Aerobics dancing class	127	Boxing (competitively in a ring)	221
Aerobics fitness class	181	Boxing (non-competitively)	131
Aerobics, low impact	125	Calisthenics	106
Aerobics, step/Drill team	153	Canoeing	72
Backpacking	181	Car Washing	60
Badminton, casual	131	Cheerleading	160
Badminton, competitive	203	Children's playground games	136
Ballet dancing	120	Circuit training	199
Barre	97	Climbing, rock or mountain	200
Baseball	130	Cricket	130
Basketball, game	145	Croquet	76
Basketball, recreational	130	CrossFit fast	290
Bicycling (leisurely, 10-12mph)	100	CrossFit slow	190
Bicycling (moderate, 12-14mph)	200	Curling	89
Bicycling (vigorous, 14-16mph)	250	Cycling 1 (Easy)	60
Billiards/pool	76	Cycling 2 (Moderate)	80
Bocce	54	Cycling 3 (Intense)	100
Body Weight Exercises (Squats, Lunges, etc)	100	Dancing, class, ballroom	109
BodyAttack	199	Dancing, party	109
BODYJAM	181	Dancing, salsa, country or swing	109
BodyPump	174	Dodgeball	175
Bowling	71	Electronic Sports (Wii/PS3)	91
Bowling on the Wii	61	Elliptical	203



# CONVERSION FOR ACTIVITIES CONT'D

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Fencing	182	Kayaking	152
Firewood-carrying, chopping	60	Kettlebell/Ropes/Steel Mace	222
Football	199	Kickball	212
Frisbee	91	Kickboxing	290
Gardening	79	Lacrosse	242
Golf, (in a cart)	58	Miniature golf	91
Golf, Walking	100	Mopping	60
Gymnastics	121	Motocross	140
Handball	348	Mowing Lawn	100
HIIT (High intensity interval training)	239	P90X	160
Hiking	172	Paddle Boarding	145
Hiking, orienteering	232	Pickleball	131
Hockey, field & ice	240	Pilates	91
Horseback riding	90	Ping Pong	120
Horseshoes	71	Plyometrics	352
Housework, general	60	Prayer	100
Hula Hooping	90	Punching bag	180
Ice skating, general	84	Racquetball, casual	181
Ice skating, moderate	122	Racquetball, competitive	254
In-line skating	190	Raking lawn and leaves	121
Jogging	181	Rock climbing	244
Judo & Karate	236	Rollerblading	156
Jumping Rope, fast	300	Rowing	147
Jumping Rope, moderate	250	Rugby	303



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Activity	Step conversion per minute	Activity	Step conversion per minute
Running, average	222	Squash	348
Running, 7 min. mile	288	Stair climbing, down stairs	71
Running, 8 min. mile	268	Stair climbing, machine	200
Running, 9 min. mile	238	Stair climbing, up stairs	181
Running, 10 min. mile	222	Standing Desk	6
Running, 12 min. mile	178	Strength 1 (Easy)	60
Sailing, boat and board	91	Strength 2 (Moderate)	80
Scrubbing floors	71	Strength 3 (Intense)	100
Scuba diving	203	Stretching	15
Shoveling snow	145	Surfing	91
SilverSneakers	116	Swimming hard	220
Sit-ups / Push-ups / Crunches	100	Swimming, leisure	154
Skateboarding	102	Swimming, treading water	116
Ski machine	152	Tabata	199
Skiing (cross-country)	114	Tae Bo	250
Skiing (downhill)	109	Tae Kwon Do	290
Sledding	158	Tai chi	40
Snowboarding	163	Tennis	200
Snowmobiling	106	Trampoline	90
Snowshoeing	181	Vacuuming	94
Soccer, competitive	145	Volleyball	91
Soccer, recreational	181	Volleyball, Beach	97
Softball	152	Wakeboarding	116
Spinning (bike)	170	Walking (kilometers of)	1242



# CONVERSION FOR ACTIVITIES CONT'D

Activity	Step conversion per minute
Walking (miles of) - for each mile	2000
Walking, average	81
Walking, brisk	105
Walking, stroll	61
Water Aerobics	116
Water polo	303
Waterskiing	145
Weight lifting	67
Weight lifting, heavy	100
Weight lifting, moderate	89
Wheelchair, minutes of use	101
Wrestling	145
Yard work	89
Yoga	45
Yoga, Bikram	179
Zumba	181