

## ACTIVITY TO STEPS CONVERSION TABLE

| Activity List  | STEPS per hour |
|--|----------------|
| Adaptive Sports - Low Intensity                                | 9,600          |
| Adaptive Sports - Moderate to high Intensity                   | 13,400         |
| Aerobic / Dance / Fitness Class - Moderate to high intensity   | 8,600          |
| Athletics - Track & Field                                      | 12,000         |
| Badminton  | 9,000          |
| Baseball   | 9,000          |
| Basketball   | 9,000          |
| Boccia   | 6,600          |
| Boot Camp (incl. CrossFit)                                     | 11,400         |
| Boxing   | 12,500         |
| Cheerleading   | 6,000          |
| Circuit Training (including HIIT) - Moderate to High Intensity | 12,000         |
| Cricket  | 9,000          |
| Cycling - Low Intensity  | 7,000          |
| Cycling - Moderate to High Intensity                           | 12,000         |
| Cycling - Mountain Biking                                      | 12,000         |
| Cycling - RPM/Spin Class                                       | 12,000         |
| Dancing  | 6,500          |
| Elliptical   | 10,000         |
| Fencing  | 8,000          |
| Football   | 10,000         |
| Gardening  | 5,000          |
| Golf   | 6,800          |
| Gymnastics   | 7,200          |
| Hand Cycling - Low Intensity                                   | 7,000          |
| Hand Cycling - Moderate to High Intensity                      | 12,000         |
| Hockey - Field or Ice  | 10,000         |

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| Horse-riding  | 5,400  |
| House Cleaning  | 5,000  |
| Hydrotherapy  | 7,000  |
| Ice Skating   | 6,500  |
| Jumping Rope  | 12,000 |
| Lacrosse  | 12,000 |
| Lawn Bowls / Bocce - incl. Disability Lawn Bowls          | 6,500  |
| Martial Arts  | 10,000 |
| Netball   | 9,000  |
| Paddleball / Pickleball                                   | 10,000 |
| Paddling - Kayak, Canoe, Row - Low Intensity              | 6,500  |
| Paddling - Kayak, Canoe, Row - Moderate to High Intensity | 10,000 |
| Paddling - Stand Up Paddleboard                           | 10,000 |
| Physical Therapy - Low intensity                          | 6,000  |
| Physical Therapy - Moderate to High intensity             | 9,000  |
| Pilates   | 6,000  |
| Playing with Pet/Dog                                      | 6,000  |
| Rock Climbing   | 10,000 |
| Rollerblading / Skating                                   | 10,000 |
| Running - Low Intensity                                   | 11,000 |
| Running - Moderate to High Intensity                      | 17,000 |
| Skateboarding   | 6,500  |
| Skiing - Low Intensity                                    | 8,000  |
| Skiing - Moderate to High Intensity                       | 10,000 |
| Soccer  | 12,000 |
| Softball  | 9,500  |
| Strength Training - low intensity                         | 6,500  |
| Strength Training - moderate to high intensity            | 12,000 |
| Surfing - incl. bodyboarding, bodysurfing, windsurf       | 6,000  |
| Swimming - Low Intensity                                  | 10,000 |
| Swimming - Moderate to High Intensity                     | 13,400 |
| Tai Chi   | 3,000  |
| Tennis  | 12,000 |
| Tennis - Table Tennis                                     | 7,200  |
| Trampoline  | 6,000  |
| Ultimate Frisbee  | 5,500  |
| Volleyball  | 8,000  |

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|--|--------|
| Walking - General pace (Aided / Unaided)         | 6,000  |
| Walking - Fast pace                              | 10,000 |
| Walking - Hiking                                 | 10,300 |
| Walking - Pushing a stroller                     | 8,000  |
| Walking - Pushing a wheelchair                   | 7,600  |
| Walking - Stair climbing                         | 9,000  |
| Walking - Using crutches                         | 10,000 |
| Water Aerobics                                   | 7,000  |
| Water Polo                                       | 12,000 |
| Weight Training - Moderate to High Intensity     | 10,000 |
| Wheelchair - Low Intensity                       | 9,000  |
| Wheelchair - Moderate to High Intensity          | 12,000 |
| Wheelchair sports - Basketball, Football, Tennis | 12,000 |
| Yoga - Low Intensity                             | 5,000  |
| Yoga - Moderate to High Intensity                | 8,000  |

**Note:** All conversions are estimates, your actual steps may vary. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles.

**Sources of activity calculations:** Movespring.com, America on the Move; Healthy Steps to Albany; Concordia Plan Services.