

Convert Activities to Steps – FALL 2022

Multiply the number of minutes of the activity by the number of equivalent steps per minute.

Activity	Steps per Minute
Auto Repair	71
Bicycling, leisurely	116
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Canoe	87
Climbing (rock/mountain)	270
Cross-Country Skiing	232
Downhill Skiing	174
Gardening	116
Horseback Riding	116
Kayaking	152
Painting a wall or room	78
Punching Bag	180
Rowing (light)	101
Rowing (moderate)	147
Rowing (competitive)	203
Scuba Diving	203
Stretching	15
Surfing	91
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (freestyle)	181
Swimming (leisure)	174
Trim Trees/Shrubs (manually)	116
Water Aerobics	116
Water Skiing	174
Weight Lifting (light)	67
Weight Lifting (moderate)	87
Weight Lifting (vigorous)	174
Wheelchair Use (manual)	101
Yoga (light to moderate)	45–72