

## ACTIVITY - STEP CONVERSION CHART

**FYI- approximately 2,000 steps = 1 mile**

<b>Physical Activity</b>	<b>DURATION = 30 Minutes</b>	
	<b>STEPS</b>	<b>Appx. CALORIES</b>
Aerobics: low impact	4350	193
Aerobics: high impact	6090	222
Aerobics: step	7380	266
Badminton, casual	3930	142
Basketball, recreational	5220	200
Basketball, game	6900	348
Bicycling - leisurely	3480	146
Bicycling - stationary	6090	277
Bowling	2610	96
Boxing	10440	382
Canoeing, light	2610	142
Cross-country, skiing, moderate	6960	361
Dancing	3930	189
Downhill skiing	5220	277
Elliptical trainer	6090	361
Football	7800	277
Gardening, light	3480	172
Golfing (without a cart)	3930	193
Hiking, general	5160	189
Housework, light	2160	92
Ice Skating	6090	159
Jumping rope, moderate	8700	319

Kick boxing	8700	382
Pilates	3030	163
Racquetball, playing recreationally	6090	222
Resistance Training	2220	109
Roller Skating	6090	159
Running, 10 mph (6 min/mile)	13890	571
Running, 8 mph (7.0 min/mile)	11730	365
Running, 5 mph (12 min/mile)	6960	268
Soccer, recreational	6090	222
Spinning Class	7200	336
Stair climbing, machine	7800	222
Stretching	2160	126
Swimming, moderate	8700	193
Swimming, vigorous	9570	310
Tai Chi	3480	156
Tennis, doubles	5220	134
Tennis, singles	3930	193
Volleyball, recreational	1260	109
Walking (2 mph)	2000	88
Walking (4 mph)	4000	163
Water Aerobics	5220	126
Weight lifting, moderate	2610	109
Yoga, vinyasa	6960	277