

## How Does The Step Conversion Chart Work?

**ACTIVITY-** approximate step equivalents for 15 minutes of various types of activities.

	<u>Steps</u>
Aerobic dance	2,955
Basketball, shooting baskets	2,045
Basketball, game	3,636
Bicycling	3,636
Football	3,636
Frisbee	1,364
Gardening, general	1,818
Golf	2,045
Gymnastics	1,818
Health club exercise, general	2,500
Hiking	2,727
House or garage cleaning	1,364
Jazzercise	2,727
Jogging	3,182
Jump rope	4,545
Lawn mowing, power mower	2,273
Lawn mowing, push mower	3,636
Martial arts	4,545
Miniature golf	1,364
Rollerskating /rollerblading	1,727
Skateboarding	2,273
Soccer	3,182
Softball	2,273
Step aerobics	4,091
Swimming leisurely	2,727
Table Tennis / Tai Chi	1,818
Tennis	3,182
Volleyball	1,818
Water aerobics	1,818
Weight lifting, moderate effort	1,818
Yoga/pilates	1,136

*Adapted from Steps to a Healthier St. Paul  
2005*