

# ACTIVITY CONVERTER

**LIVE**  
**YOUR BEST**  
#PurpleIsProgress

## Steps Per Minute

**Female**

**Male**

Aerobic dancing (low-impact)	197	197
Aerobics (high-impact)	189	181
Aerobics, step (10 – 12 step)	260	254
Aerobics, step (6 – 8 inch step)	236	218
Archery	102	102
Baseball	142	127
Basketball	242	242
Bicycling (mountain)	236	218
Bicycling, (light)	142	145
Bicycling (moderate)	189	181
Bicycling (vigorous)	283	254
Billiards/pool	76	76
Bowling	91	91
Calisthenics (light to moderate)	106	106
Calisthenics (vigorous)	242	242
Canoeing	94	91
Chopping wood	165	145
Circuit training (general)	212	199
Cooking	61	61
Dancing	118	109
Elliptical jogger (medium)	236	218
Fishing	61	61
Football (tackle)	242	242
Football (touch or flag)	212	199
Frisbee	91	91

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## Steps Per Minute

**Female**

**Male**

Gardening	121	121
Golf	136	136
Gymnastics	121	121
Hiking	182	182
Hockey, field and ice	242	242
Home/auto repair and shop tasks	91	91
Horseback riding	121	121
Horseshoes	71	73
Hunting	152	152
Jazzercise	182	182
Jogging	189	181
Judo & Karate	260	254
Jumping rope (fast)	330	290
Jumping rope (slow)	212	199
Kayaking	152	152
Kickball	212	212
Lacrosse	242	242
Miniature golf	91	91
Mowing	142	147
Pilates	94	91
Punching bag	182	182
Race-walking	197	197
Racquetball (casual)	189	181
Raking lawn and leaves	121	121
Rowing	154	154

# ACTIVITY CONVERTER



## Steps Per Minute

**Female**

**Male**

Rugby	258	258
Running, 5 mph (12 minute miles)	242	242
Running, 6 mph (10 minute miles)	278	278
Running, 7 mph (8.5 minute miles)	311	311
Running, 8 mph (7.5 min/mile)	374	342
Running, 10 mph (6 min/mile)	425	399
Sailing, boat and board, windsurfing	91	91
Scrubbing floors	94	91
Shopping	70	70
Shoveling snow	165	145
Snorkeling	152	152
Soccer	189	181
Softball	152	152
Stair climber machine	236	218
Swimming leisurely	182	182
Swimming, backstroke	189	187
Swimming, butterfly	283	272
Swimming, freestyle	189	181
Swimming, sidestroke	212	199
Table tennis	121	121
Tae Bo (moderate)	330	290
Tennis (singles)	212	199
Vacuuming	94	73
Volleyball	118	119
Walking 3 mph	100	100

# ACTIVITY CONVERTER



## Steps Per Minute

**Female**

**Male**

Walking 5 mph	242	242
Water aerobics	121	121
Water polo	303	303
Waterskiing	165	145
Waxing a Car	118	109
Weight Lifting	71	73
Wrestling	165	145
Yard Work	89	89
Yoga	71	54

## WHEELCHAIR DISTANCE CONVERTER

100 Meters	125
200 Meters	250
300 Meters	375
400 Meters	500
500 Meters	625
600 Meters	750
700 Meters	875
800 Meters	1000
900 Meters	1125
1000 Meters	1250
1500 Meters	1875
2000 Meters	2500
3000 Meters	3750
4000 Meters	5000
5000 Meters	6250

This chart is based on MET - Metabolic Equivalent of various physical activities, as measured by researchers and published in the journal *Medicine and Science in Sports and Exercise* in 1993 and updated in 2000.