



10,000 Steps Program

Step Equivalents

I hate to walk, but I like to...

If you really can't stand to walk but you like to jog or run, go ahead and get your steps in with jogging or running. A pedometer can track your steps whether you are moving slow or fast. If you like to play basketball, ski or canoe, we discovered our pedometer does not help us keep track of our activity, but not to worry. You can "translate" your 10,000-step goal into an equivalent time goal for your favorite activity. Note: these equivalents should only be used if you are not wearing a pedometer or wearable.

Other Ways to Achieve Steps:

ACTIVITY	STEPS PER MINUTE
Aerobic Dancing (low-impact)	135
Aerobic Dancing (strenuously)	185
Backpacking (on hill-under 10 lb)	185
Backpacking (on hill-under 10 lb-20 lb)	206
Badminton	136
Ballet Dancing	123
Ballroom Dancing-fast	167
Ballroom Dancing-slow	91
Baseball	135
Basketball (recreational)	146
Basketball Game	242
Bicycling	206
Bicycling (BMX or mountain)	227
Bicycling (Stationary-general)	185
Bicycling (Stationary- light)	144
Bicycling (Stationary-moderate)	185
Bicycling Stationary-vigorous)	267
Bowling	93
Boxing (non-competitively)	131
Calisthenics - vigorous	242
Calisthenics - light to moderate	106
Canoeing (leisurely)	100
Climbing-Rock or Mountain	273
Circuit Training (general)	216
Cross-Country (moderately)	164

ACTIVITY	STEPS PER MINUTE
Cross-Country Skiing	114
Cycling (5.5 mph)	51
Dancing Ballroom (slow)	72
Dancing Ballroom (fast)	114
Dancing Country	114
Dancing Disco	114
Dancing Line	114
Dancing Social	93
Dancing Square	114
Dancing Swing	114
Elliptical Jogger (medium)	227
Fencing	182
Football (competitively)	199
Football Tackle	218
Frisbee	91
Golf (general)	114
Golfing (riding in cart)	93
Gymnastics	121
Handball (recreational)	142
Health club exercise, general	167
Hiking	182
Hockey—Field and Ice	242
Horseback Riding (Trotting)	102
Horseshoes	72
Hunting	152
Ice Skating (leisurely)	185
In-line Skating (moderately)	195
Jazzercise	182
Jogging (mini-trampoline)	136
Jogging (general)	185
Jogging (In water)	206
Judo and Karate	257
Judo (vigorous competing)	187
Jumping Rope (slow)	206
Jumping Rope (moderate)	257
Jumping Rope (fast)	310
Kayaking	152
Kickball	212
Lacrosse	242
Martial Arts	303
Miniature Golf	91
Mountain Climbing	153
Orienteering	151
Pilates	93
Punching Bag	182
Race Walking	197
Raking Leaves and Lawn	121
Racquetball (casual)	185
Racquetball (competitive)	257
Roller Skating	212
Rowing Machine, vigorous	258
Rowing	185
Rugby	303
Running 6-minute mile	257
Running 7-minute mile	222

ACTIVITY	STEPS PER MINUTE
Running 7.5-mile	340
Running 8-minute mile	200
Running 9-minute mile	184
Sailing, boat and board, windsurfing	91
Scuba Diving	212
Shoveling Heavy Snow	278
Skateboarding	152
Skiing Cross Country	197
Skiing Downhill	155
Ski Machine	212
Sledding	212
Snowshoeing	206
Soccer (casual)	185
Soccer (competitive)	203
Snorkeling	152
Snowmobiling	106
Softball	152
Squash	362
Stair Climber Machine	309
Stair Climbing (up stairs)	206
Stair Climbing (down stairs)	73
Stationary Bicycling (moderate effort)	212
Stationary Bicycling (vigorous effort)	318
Step Aerobics	273
Surfing	91
Swimming, Crawl (1mph)	91
Tae Bo (moderate)	310
Tae Bo (vigorous)	382
Tae Bo (very vigorous)	454
Tai chi	121
Tennis (doubles)	155
Tennis (singles)	206
Volleyball	55
Water Aerobics	121
Water Jogging	242
Water Polo	303
Waterskiing	155
Weight Lifting (abdominals)	64
Weight Lifting (shoulders)	69
Wrestling	155
Washing the Car	72
Waxing the Car	114
Yoga	63