



Step it Up! Walking Program

Step Equivalents

Activity	Step Per Minute
Aerobic Dancing (low impact)	135
Aerobic Dancing (strenuously)	185
Bicycling	206
Bicycling (stationary-light)	144
Bicycling (stationary-moderate)	185
Bicycling (stationary-vigorous)	267
Elliptical Jogger (medium)	227
Pilates	93
Rowing Machine	185
Stair Climbing Machine	309
Swimming, crawl	91
Tae Bo (Moderate)	310
Water Aerobics	121
Water Jogging	242
Yoga	63

