

STEPS EQUIVALENTS PER MINUTE FOR ACTIVITIES

Aerobic dancing (low impact)	115	Pilates	94
Aerobics step training, 4" step	145	Ping Pong	90
Aerobics (intense)	190	Racquetball	205
Backpacking with 10 lb load	180	Roller skating (moderate)	150
Backpacking with 30 lb load	235	Rowing (leisurely)	75
Badminton	150	Rowing machine	180
Basketball (game)	220	Running, 8mph (7.5 min/mile)	305
Basketball (leisurely, non-game)	130	Running, 10mph (6 min/mile)	350
Bowling	55	Scrubbing the floor	140
Canoeing, 2.5mph	70	Scuba diving	190
Cross country skiing, leisurely	155	Shopping for groceries	60
Cross country skiing, moderate	220	Skipping rope	285
Cross country skiing, intense	330	Snow shoveling	195
Cycling, 5mph	55	Snow skiing, downhill	130
Cycling, 10mph (6 min/mile)	125	Soccer (competitive)	195
Cycling, 15mph (4 min/mile)	200	Squash	205
Dancing (fast)	175	Stair climber machine	160
Dancing (non-contact)	100	Stair climbing	140
Dancing (slow)	55	Swimming (25 yards/minute)	120
Elliptical jogger (fast)	270	Swimming (50 yards/minute)	225
Elliptical jogger (medium)	200	Swimming (75 yards/minute)	290
Gardening (heavy)	155	Tennis (doubles)	110
Gardening, moderate	90	Tennis (singles)	160
Golfing (walking, w/o cart)	100	Vacuuuming	75
Golfing (with a cart)	70	Volleyball (game)	120
Handball	230	Volleyball (leisurely)	70
Hiking with a 10 lb load	180	Walking, 2mph (30min/mile)	60
Hiking with a 30 lb load	235	Walking, 3mph (20 min/mile)	80
Hiking, no load	155	Walking, 4mph (15 min/mile)	100
Housework	90	Washing the car	75
Ice skating (competitive)	170	Water skiing	160
Ice Skating (leisurely)	95	Waxing the car	100
Jogging, 5mph (12 min/mile)	185	Weight training (40sec rest)	255
Jogging, 6mph (10min/mile)	230	Weight training (60sec rest)	190
Judo (competitive)	185	Weight training (90sec rest)	125
Mopping	85	Window cleaning	75
Mowing	135	Yoga	72
Painting	80		

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