



Minutes to Steps Chart

To convert your walking time from minutes to steps, multiply the minutes you walked by 133 steps. For example:

$$15 \text{ minute walk} \times 133 \text{ steps/minute} = 1995 \text{ steps (approximately 1 mile)}$$

For other activities, find the activity that most closely matches yours on the table below and multiply your activity minutes by the appropriate number in the "Steps per 1 minute of Activity" column. For example:

$$30 \text{ minutes gardening} \times 89 \text{ steps/minute} = 2670 \text{ steps}$$

Activity	Steps per 1 minute of Activity
Aerobics Class	133
Baseball	111
Basketball, game	178
Basketball, recreational	133
Bicycling, 10 mph, easy pace	133
Bicycling, 13 mph, moderate pace	178
Bicycling, 15 mph, vigorous pace	222
Billiards	77
Bowling	67
Boxing	200
Chopping Wood	133
Circuit training, general	178
Cleaning house	78
Dancing, aerobic	133
Dancing, general	100
Fencing	133
Fishing, sitting	56
Fishing, walking	111
Football	189
Frisbee	67
Gardening	89
Golf, carrying clubs	122
Golf, power cart	78
Gymnastics	89
Handball	267
Health club workout, general	122
Hockey	178
Ice skating	122
Jogging	156
Jumping rope, moderate/fast	244
Jumping rope, slow	178
Line Dancing	139

Martial Arts	222
Painting/Wallpapering	100
Racquetball	156
Rock climbing	244
Roller blading/skating	156
Rowing, moderate	111
Rowing, vigorous	189
Running, 10 min. mile	222
Running, 12 min. mile	178
Running, 8 min. mile	278
Shoveling snow	133
Skiing, Cross-Country	200
Skiing, Downhill	133
Snowshoeing	178
Soccer, game	222
Soccer, recreational	156
Stair Climbing, leisurely	90
Stair Climbing, vigorous	267
Swimming, leisurely	133
Swimming, vigorous	222
Tennis, doubles	133
Tennis, singles	178
Volleyball	89
Walking	133
Washing car	100
Water aerobics	89
Weight lifting, moderate	67
Weight lifting, vigorous	133
Yard work	111
Yoga	89

The Office of the Surgeon General recommends that all Americans strive for at least 30 minutes of physical activity on all, or most, days of the week.