

Step Conversions for Physical Activity

While walking is the most popular form of physical activity, many of us enjoy mixing it up and trying new things. The chart below shows steps conversions for a variety of activities. Use this as a resource when completing your Food and Physical Activity Diary.

Activity	Step Conversions for 10 Minutes of Activity	Activity	Step Conversions for 10 Minutes of Activity
Walking <2 mph	610	Basketball	2420
Walking at 2 mph	760	Bowling	910
Walking at 3 mph	1000	Gardening	1210
Walking at 4 mph	1520	Golfing	1360
Jogging	2120	Hiking	1820
Running at 5 mph	2420	Lawn Mowing	1520
Running at 8 mph	4090	Martial Arts	3030
Bicycling <10 mph	1210	Miniature Golf	910
Bicycling at moderate pace (RPE* 13–15)	2420	Raking Leaves/Lawn	1210
Bicycling at fast pace (RPE ≥16)	3640	Racquetball	2120
Stationary bike (RPE 13–15)	2120	Rowing Machine	2120
Stationary Bicycling (RPE ≥16)	3180	Rowing Machine (RPE ≥16)	2580
Aerobic Dancing	1970	Shopping	700
Fast Ballroom Dancing	1670	Soccer	2120
Slow Ballroom Dancing	910	Stretching, Yoga	760
Square Dancing	1360	Tennis	2120
Swimming Leisurely	1820	Water Aerobics	1210
Swimming Laps (RPE 13–15)	2120	Water Jogging	2420
Swimming Laps (RPE ≥16)	3030	Weight Lifting (RPE 13–15)	1210
		Weight Lifting (RPE ≥16)	1820

*RPE – Rating of Perceived Exertion

Talk with your MOVE!® team if you have questions about how to count your exercise.