

Physical Activity Conversion Chart

Below is a listing of activities that can be converted into steps based on 10 minute intervals. Use this to help assist you in getting your daily steps. Recreation NL encourages you to get an average of steps for a week then use this as your baseline data. After a couple of weeks increase this baseline number by 500 more steps and continue this process of increasing steps every couple of weeks to help improve your physical activity levels.

Activity	Steps/10 minutes
Walking	876
Aerobics – High impact	1760
Aerobics – Low impact	1320
Badminton	1124
Baseball	625
Basketball	2000
Beachcombing	750
Berry Picking	750
Bowling	750
Boxing	2999
Canoeing	748
Cardio Machine	1496
Climbing	2750
Construction Work	1375
Curling	990
Cutting Wood	1250
Cycling (High Intensity or 15 mi/h)	2499
Cycling (Low Intensity or 10.5 mi/h)	1500
Cycling (Medium Intensity or 13 mi/h)	2000
Dancing	1199
Elliptical	1749
Fencing	1500
Field Hockey	2000
Fishing	660
Football	2000
Frisbee	748
Frisbee – Ultimate	2000
Gardening	1122
Golfing	1122
Gymnastics	1001
Harvesting	1999
Hiking	1500
Hiking – Uphill	1749
Hockey	2000
Housework	748
Jogging	1749
Karate/Tae Kwan Do/Jujitsu/Judo	2499
Kayaking	1252

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Lacrosse	2000
Lawn Mowing	1375
Pilates	625
Playing Piano	625
Racquetball	1749
Rowing	1749
Rugby	2499
Running (High or 16 km/h)	4000
Running (Low or 8 km/h)	2000
Running (Medium or 13 km/h)	3375
Shopping	572
Skateboarding	1250
Skating – Ice	1760
Skating – Inline	2999
Skiing – Cross Country	2000
Skiing – Downhill	1500
Skipping	2000
Snowshoeing	2000
Snow Shoveling	1500
Snowboarding	2000
Soccer	1749
Stair Climbing (Running)	3751
Stair Climbing (Walking)	1250
Stair Master	2251
Strength Training	1122
Swimming	2000
Table Tennis/Ping Pong	1001
Tennis	1496
Track and Field	1500
Trampoline	876
Volleyball	748
Water Skiing	1500
Wheeling	748
Wii – High Intensity	1498
Wii – Low Intensity	598
Wii – Medium Intensity	999
Yoga	625