



We have compiled a short list of activities that convert to steps!

No matter how you show your support, be sure to tag your photos with **#STEPS4AHC**

Example: 30 mins of Aerobic dancing=3810 steps (30 (minutes) x 127 (step equivalent) = 3180 (total "steps"))

Activity	Equivalent Steps	Activity	Equivalent Steps
Aerobic dancing class	127	Racquetball, casual	181
Aerobic fitness class	181	Racquetball, competitive	254
Aerobics, low impact	125	Rake leaves	125
Aerobics, step	153	Row, light	101
Auto repair	71-91	Row, moderate	147
Backpack	195	Run, 10 mph (6min/mile)	463
Badminton	131	Run, 8 mph (7.5 min/mile)	391
Ballet	120	Run, 6 mph (10 min/mile)	290
Baseball	111	Run, 5 mph (12 min/mile)	232
Basketball (shooting baskets)	174	Scrub floors	71
Basketball game	242	Shop	71
Basketball (playing by wheelchair)	116	Skateboard	152
Bicycling, leisurely	116	Soccer, recreational	145
Bicycling, vigorous pace	200	Softball	145
Boxing, non-competitive	131	Spinning	200
Bowling	87	Stair climbing machine	200
Calisthenics	106	Swimming, backstroke	181
Climbing	270	Swimming, butterfly	272
Dance	109	Swimming, freestyle	181
Elliptical trainer	203	Swimming, leisure	174
Fishing	91	Swimming, treading water	116
Football	260	Tae Bo	250
Gardening	116	Tennis	232

<b>Activity</b>	<b>Equivalent Steps</b>	<b>Activity</b>	<b>Equivalent Steps</b>
Golf, carrying clubs, 18 holes	131	Pool/billiards	76
Handball	67	Punching bag	180
Hanging laundry	72	Trampoline	101
Horseback riding	116	Trim trees	116
Hockey	260	Vacuum house	94
Horseshoes	71	Walk slow	68
House cleaning	101	Walk moderate	122
Judo/Karate	236	Walk fast	197
Jump rope	300	Wash car	87
Kayak	152	Wash windows	87
Kickboxing	290	Water aerobics	116
Lacrosse	242	Water ski	174
Miniature golf	91	Weight lift, light	67
Mop	60	Weight lift, moderate	87
Mow lawn (push)	180	Weight lift, vigorous	174
Paint wall/room	131	Yard work	100
Pilates	101	Yoga	72
Ping pong	116	Zumba	148