

WALKTOBER CHALLENGE

Step Equivalents for Other Physical Activities

	WALKING <i>(3.5 mph pace)</i>	JOGGING <i>(4.5 mph pace)</i>	HIKING	SWIMMING <i>(leisurely)</i>	BIKING <i>(under 10 mph)</i>	YOGA	RIGOROUS ACTIVITY <i>(CrossFit, Zumba, Kickboxing, etc.)</i>
20 min	2,200	4,200	3,600	3,600	2,400	1,520	4,300
40 min	3,300	8,400	7,200	7,200	4,800	3,040	8,600
60 min	6,600	10,600	10,800	10,800	7,200	4,560	12,900
90 min	9,900	16,900	16,200	16,200	10,800	6,840	19,350

	RUNNING
8 min mile	10,000
10 min mile	9,000
12 min mile	7,200

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ACTIVITY	STEPS PER MINUTE
Aerobic dance	197
Backpacking	212
Badminton	136
Basketball—shooting baskets	136
Basketball game	242
Bicycling	242
Bicycling fast	364
Bicycling under 10 mph	121
Billiards/pool	76
Bowling	91
Canoeing	106
Circuit training	242
Climbing—rock or mountain	273
Cooking	61
Fencing	182
Fishing	91
Football	242
Frisbee	91
Gardening	121
Golf	136
Gymnastics	121
Hiking	182
Hockey	242
Home/auto repair/shop tasks	91
Horseback riding	121
House cleaning	91
Hunting	152
Ice Skating	212

WALKING

- 1 mile = 2,000 steps
- 2 mph = 67 steps/minute
- 3 mph = 100 steps/minute
- 4 mph = 152 steps/minute
- 5 mph = 242 steps/minute



Inline skating	364
Jazzercise	182
Jogging	212
Jump rope	303
Kayaking	152
Kickball	212
Lawn mowing—power mower	152
Martial arts	303
Miniature golf	91
Punching bag	182
Racquetball	212
Raking lawn and leaves	121
Roller skating	212
Rowing machine	212
Rowing machine, vigorous	258
Running—12 minute miles	242
Running—10 minute miles	303
Running—8.5 minute miles	348
Running—7.5 minute miles	409
Sailing, boat and board	91
Scuba diving	212
Skateboarding	152

Snorkeling	152
Soccer	212
Softball	152
Square dancing	136
Stairmaster	273
Step aerobics	273
Stretching, yoga	76
Surfing	91
Swimming laps—moderate	212
Swimming leisurely	182
Tennis	212
Volleyball	121
Water aerobics	121
Water jogging	242
Water polo	303
Waterskiing	182
Weight lifting, moderate	121
Weight Lifting, vigorous	82
Wheelchair use	101
Wrestling	182
Yard work	145
Yoga	76