

## INCLUSIVE ACTIVITY TO STEPS CONVERSION TABLE

Choose from more than 80 inclusive activities from the list below and convert to steps. No matter how you move, or what your level of fitness, you can participate in STEPtember!

Activity List	'Steps' Per Hour
Adaptive Sports - Low Intensity	9,600
Adaptive Sports - Moderate to high Intensity	13,400
Aerobic / Dance / Fitness Class - Moderate to high intensity	8,600
Athletics - Track & Field	12,000
Badminton	9,000
Baseball	9,000
Basketball	9,000
Boccia	6,600
Boot Camp (incl. CrossFit)	11,400
Boxing	12,500
Cheerleading	6,000
Circuit Training (including HIIT) - Moderate to High Intensity	12,000
Cricket	9,000
Cycling - Low Intensity	7,000
Cycling - Moderate to High Intensity	12,000
Cycling - Mountain Biking	15,000
Cycling - RPM/Spin Class	13,500
Dancing	6,500
Fencing	11,000
Football	12,000
Gardening	5,000
Golf	6,800
Gymnastics	7,200
Hand Cycling - Low Intensity	7,000
Hand Cycling - Moderate to High Intensity	12,000
Hockey - Field or Ice	14,000
Horse-riding	5,400
House Cleaning	5,000
Hydrotherapy	7,000

Ice Skating	6,500
Jumping Rope	15,000
Lacrosse	14,500
Lawn Bowls / Bocce - incl. Disability Lawn Bowls	6,500
Martial Arts	12,500
Netball	9,000
Paddleball / Pickleball	10,000
Paddling - Kayak, Canoe, Row - Low Intensity	6,500
Paddling - Kayak, Canoe, Row - Moderate to High Intensity	12,000
Paddling - Stand Up Paddleboard	10,000
Physical Therapy - Low intensity	9,000
Physical Therapy - Moderate to High intensity	12,000
Pilates	6,000
Playing with Pet/Dog	6,000
Rock Climbing	14,500
Rollerblading / Skating	10,000
Running - Low Intensity	11,000
Running - Moderate to High Intensity	17,000
Skateboarding	6,500
Skiing - Low Intensity	8,600
Skiing - Moderate to High Intensity	12,500
Soccer	12,000
Softball	9,500
Strength Training - low intensity	6,500
Strength Training - moderate to high intensity	12,000
Surfing - incl. bodyboarding, bodysurfing, windsurf	6,000
Swimming - Low Intensity	10,000
Swimming - Moderate to High Intensity	13,400
Tai Chi	3,000
Tennis	12,000
Tennis - Table Tennis	7,200
Trampoline	6,000
Ultimate Frisbee	5,500
Volleyball	8,000
Walking - General pace (Aided / Unaided)	6,000
Walking - Fast pace	12,500
Walking - Hiking	10,300
Walking - Pushing a stroller	8,000
Walking - Pushing a wheelchair	7,600
Walking - Stair climbing	9,000

Walking - Using crutches	10,000
Water Aerobics	7,000
Water Polo	18,200
Weight Training - Moderate to High Intensity	10,000
Wheelchair - Low Intensity	9,000
Wheelchair - Moderate to High Intensity	12,000
Wheelchair sports - Basketball, Football, Tennis	15,600
Yoga - Low Intensity	5,000
Yoga - Moderate to High Intensity	8,000

**Note:** All conversions are estimates, your actual steps may vary. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles.

**Sources of activity calculations:** Movespring.com, America on the Move; Healthy Steps to Albany; Concordia Plan Services.