

Step Up Activity List

Activity	Steps/Minute	Activity	Steps/Minute
Aerobics class	133	Racquetball, general	156
Backpacking	156	Rock climbing	244
Badminton	100	Rollerblading/skating	156
Baseball	111	Rowing, light/moderate effort	111
Basketball, game	178	Rowing, vigorous effort	189
Basketball, recreational	133	Running, 10 min. mile	222
Bicycling, 10 mph, easy pace	133	Running, 12 min. mile	178
Bicycling, 13 mph, moderate pace	178	Running, 8 min. mile	278
Bicycling, 15 mph, vigorous pace	222	Running, jogging, general	156
Bowling	67	Shoveling snow	133
Boxing, sparring	200	Shuffleboard/lawn bowling	67
Chopping wood	133	Skiing, cross-country light/moderate effort	178
Circuit training, general	178	Skiing, cross-country vigorous effort	222
Cleaning house	78	Skiing, downhill	133
Cricket	111	Snowshoeing	178
Curling	89	Soccer, casual	156
Dancing, aerobic	133	Soccer, competitive	222
Dancing, general	100	Softball	111
Fencing	133	Sweeping/mopping floors	56
Fishing, from boat, sitting	56	Swimming, leisurely	133
Fishing, from river bank and walking	111	Swimming, vigorous effort	222
Football	189	Tai chi	89
Frisbee, general playing	67	Tennis, doubles	133
Gardening	89	Tennis, singles	178
Golf, carrying clubs	122	Volleyball, beach	178
Golf, power cart	78	Volleyball, general	89
Gymnastics	89	Walking, brisk 4.5 mph	100
Handball	267	Washing car	100
Health club exercise, general	122	Water Aerobics	89
Hockey	178	Water Polo	222
Ice skating, general	122	Water Skiing	133
Judo, karate, tae kwan do	222	Weight lifting, light or moderate effort	67
Jumping Rope, moderate/fast	244	Weight lifting, vigorous effort	133
Jumping Rope, slow	178	Yard work, raking, mowing	111
Painting/papering	100	Yoga	89
Playing with children	89		