STEPS EQUIVALENTS PER MINUTE FOR ACTIVITIES

Bowling	55	Cross country snow skiing, leisurely	155
Cycling, 5 mph	55	Gardening (heavy)	155
Dancing (slow)	55	Hiking, no load	155
Shopping for groceries	60	Stair climber machine	160
Walking, 2 mph (30 min/mile)	60	Tennis (singles)	160
Canoeing, 2.5 mph	70	Water skiing	160
Golfing (with a cart)	70	Ice Skating (competitive)	170
Volleyball (leisurely)	70	Dancing (fast)	175
Rowing (leisurely)	75	Backpacking with 10 lb. load	180
Vacuuming	75	Hiking with a 10 lb. load	180
Washing the car	75	Rowing machine	180
Window cleaning	75	Jogging, 5 mph (12 min/mile)	185
Painting	80	Judo (competitive)	185
Walking, 3 mph (20min./mile)	80	Aerobics (intense)	190
Mopping	85	Scuba diving	190
Gardening, moderate	90	Weight training (60 sec. between sets)	190
Housework	90	Snow shoveling	190
Ping Pong	90	Soccer (competitive)	195
Ice Skating (leisurely)	95	Cycling, 15 mph (5 minutes/mile)	200
Dancing(non-contact)	100	Elliptical Jogger (medium)	200
Golfing (walking,w/o cart)	100	Racquetball	205
Walking, 4 mph (15min./mile)	100	Squash	205
Waxing the car	100	Cross country snow skiing, moderate	220
Tennis (doubles)	110	Basketball (game)	220
Aerobic dancing (low impact)	115	Swimming (75 yards/minute)	225
Swimming (25 yards/min.)	120	Handball	230
Volleyball (game)	120	Jogging, 6 mph (10 min./mile)	230
Bicycling, 10 mph (6 minutes/mile)	125	Backpacking with 30 lb. load	235
Weight training (90 sec. between sets)	125	Hiking with a 30 lb. load	235
Basketball (leisurely, non-game)	130	Weight training (40 sec. between sets)	255
Snow skiing, downhill	130	Elliptical jogger (fast)	270
Mowing	135	Skipping rope	285
Scrubbing the floor	140	Swimming (7.5 min./mile)	290
Stair climbing	140	Running .08 mph (7.5 min./mile)	305
Aerobics step training, 4 step (beginner)	145	Cross country snow skiing, intense	330
Badminton	150	Running 10 mph (6 min./mile)	350
Roller Skating (moderate)	150		

Notes: