

Walking Tour of America

September 2, 2008 – May 29, 2009

Steps Conversion Chart

Pedometers work whenever you're taking steps. For the times when you're involved in activities other than walking, use the chart below to determine the equivalent number of steps.

Simply multiply the number of minutes you did the activity by the number of steps listed.

- Aerobics = 198
- Basketball = 202
- Bicycling = 160
- Boxing = 348
- X-Country Skiing = 232
- Dancing = 131
- Downhill Skiing = 174
- Elliptical Trainer = 203
- Pilates = 101
- Racquetball = 247
- Running = 344
- Snow Shoveling = 174
- Snowboarding = 166
- Soccer = 247
- Softball = 145
- Football = 260
- Golfing (no cart) = 131
- Golfing (with cart) = 101
- Handball = 348
- Hiking = 207
- Ice Skating = 203
- Judo = 290
- Jumping Rope = 319
- Karate = 290
- Kick-Boxing = 290
- Squash = 348
- Stair Climbing = 315
- Stretching = 72
- Swimming = 218
- Tae Kwan Do = 290
- Tai Chi = 116
- Tennis = 203
- Volleyball = 160
- Walking = 113
- Water Aerobics = 116
- Weight Training = 131
- Yoga = 72