

# University Step Challenge

## Activity Equivalents

### Activity - Steps per 15 Minutes

Multiply for 30 minutes, 45 minutes, 60 minutes.

Walking 3 mph - 1500

Walking slow - under 2 mph - 909

Walking slow - 2 mph - 1136

Walking 3.5 miles per hour - 1727

Walking 4 miles per hour - 2273

Walking 5 miles per hour - 3636

Racewalking - 2955

Aerobic dance - 2955

Backpacking - 3182

Badminton - 2045

Ballroom dancing - fast - 2500

Ballroom dancing - slow - 1364

Basketball - shooting baskets - 2045

Basketball game - 3636

Bicycling - 3636

Bicycling fast - 5455

Bicycling under 10 mph - 1818

Billiards/pool - 1136

Bowling - 1364

Calisthenics - vigorous - 3636

Calisthenics - light to moderate - 1591

Canoeing - 1591

Children's playground games - 2045

Circuit training - 3636

Climbing - rock or mountain - 4091

Cooking - 909

Croquet - 1136

Fencing - 2727

Fishing - 1364

Football - 3636

Frisbee - 1364

Gardening - 1818

Golf - 2045

Gymnastics - 1818

Handball - 5455

Health club exercise, general - 2500

Hiking - 2727

Hiking - orienteering - 4091

Hockey - field and ice - 3636

Home/auto repair and shop tasks - 1364

Horseback riding - 1818

House cleaning - 1364

Hunting - 2273

Ice Skating - 3182

Inline skating - 5455

Jazzercise - 2727

Jogging - 3182

Jogging on mini-trampoline - 2045

Jump rope - 4545

Kayaking - 2273

Kickball - 3182

Lacrosse - 3636

Lawn bowling, shuffleboard - 1364

Lawn mowing -power mower - 2273

Martial arts - 4545

Minature golf - 1364

Punching bag - 2727

Raking lawn and leaves - 1818

Raquetball - 3182

Roller skating - 3182

Rowing machine - 3182

Rowing machine, vigorous - 3864

Rugby - 4545

Running - 5 mph - 12 minute miles - 3636

Running - 6 mph - 10 minute miles - 4545

Running - 7 mph - 8.5 minute miles - 5227

Running - 8 mph - 7.5 minute miles - 6136

Sailing, boat and board, windsurfing - 1364

Scuba diving - 3182

Shopping - 1045

Sitting - 455

Skateboarding - 2273

Ski machine - 3182

Skiing - cross country - 3636

Skiing - downhill - 2727

Skimobiling - 3182

Sledding - 3182

Snorkeling - 2273

Snowmobiling - 1591

Soccer - 3182

Softball - 2273

Square dancing - 2045

Squash - 5455

Stairmaster - 4091

Stationary bicycling (moderate effort) - 3182

Stationary bicycling (vigorous effort) - 4773

Step aerobics - 4091

Stretching, yoga - 1136

Surfing - 1364

Swimming laps - moderate - 3182

Swimming laps - vigorous - 4545

Swimming leisurely - 2727

Table tennis - 1818

Tai chi - 1818

Tennis - 3182

Volleyball - 1818

Water aerobics - 1818

Water aerobics - 1818

Water jogging - 3636

Water polo - 4545

Waterskiing - 2727

Weight lifting, moderate effort - 1818

Weight lifting, vigorous effort - 2727

Wrestling - 2727

Yoga - 1136