

Taking steps towards better health doesn't always mean walking

Be sure to log your steps daily in the Sharecare app to earn your green days, complete challenges, and get full credit for all the ways you fit in activity.

Step Conversion Chart

There are lots of ways to get in your steps. When you choose an activity other than walking, check the chart below to see how many steps you've earned. Simply multiply the steps indicated on the chart by the number of minutes you were active.

For example, 30 minutes of mopping equals 3181.5 steps. (30 minutes x 106.05). Clean floors AND active steps -- now that's a win win.

Activity	Steps Per 20 Minute	Steps Per Minute	Activity	Steps Per 20 Minute	Steps Per Minute
Aerobics, high intensity	4848	242	Skating, ice, intense	5455	272.75
Aerobics, low intensity	2121	106.05	Skating, ice, leisurely	3333	166.65
Aerobics, water	2424	121.2	Skating, in-line	7273	363.65
Badminton, game	4242	212.1	Skating, roller-skating	4242	212.1
Badminton, recreational	2720	136	Skating, skateboarding	3030	151.5
Basketball, game	4848	242.4	Skiing, cross-country, intense	5455	272.75
Basketball, recreational	3636	181.8	Skiing, cross-country, moderate	4848	242.4
Basketball (wheelchair)	2000	224	Skiing, cross-country, leisurely	4242	212.1
Bowling	1818	90.9	Skiing, downhill	3636	181.8
Boxing, competitive, in a ring	7273	363.65	Skiing, water	3636	181.8
Boxing, non-competitive	3636	181.8	Rope jumping, intense	7273	363.65
Canoeing, leisurely	2424	121.2	Rope jumping, leisurely	4848	242.4
Circuit training	4848	242.4	Snowshoeing	3636	181.8
Children's playground games	2720	136	Snow shoveling	3636	181.8
Cycling, <10 mph, leisurely	2424	121.2	Soccer, game	6061	303.05
Cycling, 11 – 13 mph, moderate	4848	242.4	Soccer, recreational	4242	212.1
Cycling, 14 - 16 mph, intense	6061	303.05	Softball or baseball	3030	151.5
Dancing, fast	2727	136.35	Squash	7273	363.65
Dancing, slow	1818	90.9	Stair climbing machine	5455	272.75
Football, game	5455	272.75	Swimming laps, intense	6061	303.05
Football, leisurely	4848	242.4	Swimming laps, moderate	4242	212.1
Gardening, heavy	3030	151.5	Tai Chi	2424	121.2
Gardening, moderate	2424	121.2	Tennis, doubles	3030	151.5
Golfing, walking, no cart	2727	136.35	Tennis, singles	4242	212.1
Golfing, with a cart	2121	106.05	Volleyball, game	4848	242.4
Golfing, miniature or driving range	1818	90.9	Volleyball, recreational	1818	90.9
Gymnastics	2424	121.2	Wheelchair use (manual)	2000	100
Handball, game	5340	267	Wheelchair use (high intensity)	4000	200
Hockey, ice	4848	242.4	Washing the car	1818	90.9
Hockey, field	4848	242.4	Weightlifting	1818	90.9
Horseback riding, leisurely	1515	75.75	Yoga	1515	75.75
Horseback riding, trotting	3939	196.95			
Housework, vacuuming or mopping floors	2121	106.05			
Housework, cleaning, intense	2424	121.2			
Housework, cleaning, light	1515	75.75			
Martial arts	6060	303			
Mowing lawn	3333	166.65			
Ping pong	2424	121.2			
Racquetball, competitive	6061	303.05			
Racquetball, leisurely	4242	212.1			
Rock climbing, ascending	6667	333.35			
Rock climbing, rappelling	4848	242.4			
Rowing, intense	5152	257.6			
Rowing, moderate	4242	212.1			
Rowing, leisurely	2121	106.05			

Quick conversions for walking and running

Activity	Minutes Per Mile	Miles Per Hour	Steps Per Mile
Walking	15	4	1935
Walking	20	3	2252
Running	8	7.5	1400
Running	10	6	1672
Running	12	5	1951

If your activity is not listed above, you can find a similar activity and estimate the step value or you can calculate your steps by estimating that every mile of activity equals 2,000 steps. Now let's get to stepping!



Sources: American College of Sports Medicine's Compendium of Physical Activities.; PEHP Health & Benefits; Earlham College; Kansas State University; Verwell Fit

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