

Every Step Counts Community Activity Challenge

50 different activities that you can convert into steps

Activity	Steps per minute	Activity	Steps per minute
• Aerobics—low impact	132	• Lacrosse	200
• Aerobics - high impact	176	• Pilates	62
• Aquafit	100	• Playing at playground	125
• Baseball	62	• Racquetball	175
• Basketball	200	• Rock Climbing ascent	275
• Bikram Yoga	132	• Rowing	175
• Bootcamp	176	• Running 16km/h	400
• Canoeing	75	• Running 13km/h	337
• Cardio Machine	150	• Running	200
• Curling	99	• Shopping	57
• Cycling—high intensity	250	• Skateboarding	125
• Cycling—med intensity	200	• Skating—Ice	176
• Cycling—low intensity	150	• Skating—Inline	175
• Dancing	120	• Skiing—cross country	200
• Equestrian	163	• Skiing—downhill	150
• Field Hockey	200	• Snow shoeing	200
• Football	200	• Snowboarding	150
• Frisbee	75	• Soccer	175
• Frisbee Ultimate	200	• Strength training	112
• Gardening	112	• Swimming	200
• Golfing	112	• Table Tennis	100
• Gymnastics	100	• Tennis	150
• Hiking	150	• Track & Field	150
• Hiking—Uphill	175	• Trampoline	88
• Hockey	200	• Volleyball	75
• Horseback Riding	100	• Walking	88
• Housework	75	• Water Skiing	150
• Karate	250	• Wheeling	75
• Kayaking	125	• Yoga	62

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” Plato

