



# GET IN STEP WITH YOUR HEALTH

Make your activity count.

Taking steps toward better health doesn't always mean walking. Other activities can easily be converted into steps using the chart below.\* Simply multiply the steps indicated by the number of minutes you were active. For example, 30 minutes of light housework equals 2,272.5 steps (30 minutes x 75.75). Activities not listed below can be calculated using the following equation: Each mile of activity equals 2,000 steps. **Be sure to log your steps in the Sharecare app daily.**

Activity	Steps Per Minute	Activity	Steps Per Minute
Aerobics, high intensity	242	Racquetball, leisurely	212.1
Aerobics, low intensity	106.05	Rock climbing, ascending	333.35
Aerobics, water	121.2	Rock climbing, rappelling	242.4
Badminton, game	212.1	Rowing, intense	257.6
Badminton, recreational	136.35	Rowing, moderate	212.1
Basketball, game	242.4	Rowing, leisurely	106.05
Basketball, recreational	181.8	Skating, ice, intense	272.75
Bowling	90.9	Skating, ice, leisurely	166.65
Boxing, competitive, in a ring	363.65	Skating, in-line	363.65
Boxing, non-competitive	181.8	Skating, roller-skating	212.1
Canoeing, leisurely	121.2	Skating, skateboarding	151.5
Circuit training	242.4	Skiing, cross-country, intense	272.75
Cycling, <10 mph, leisurely	121.2	Skiing, cross-country, moderate	242.4
Cycling, 11 – 13 mph, moderate	242.4	Skiing, cross-country, leisurely	212.1
Cycling, 14 – 16 mph, intense	303.05	Skiing, downhill	181.8
Dancing, fast	136.35	Skiing, water	181.8
Dancing, slow	90.9	Rope jumping, intense	363.65
Football, game	272.75	Rope jumping, leisurely	242.4
Football, recreational	242.4	Snowshoeing	181.8
Gardening, heavy	151.5	Snow shoveling	181.8
Gardening, moderate	121.2	Soccer, game	303.05
Golfing, walking, no cart	136.35	Soccer, recreational	212.1
Golfing, with a cart	106.05	Softball or baseball	151.5
Golfing, miniature or driving range	90.9	Squash	363.65
Gymnastics	121.2	Stair-climbing machine	272.75
Handball, game	363.65	Swimming laps, intense	303.05
Hockey, ice or field	242.4	Swimming laps, moderate	212.1
Horseback riding, leisurely	75.75	Tai chi	121.2
Horseback riding, trotting	196.95	Tennis, doubles	151.5
Housework, vacuuming or mopping floors	106.05	Tennis, singles	212.1
Housework, cleaning, intense	121.2	Volleyball, game	242.4
Housework, cleaning, light	75.75	Volleyball, recreational	90.9
Mowing lawn	166.65	Washing the car	90.9
Pingpong	121.2	Weightlifting	90.9
Racquetball, competitive	303.05	Yoga	75.75

\*Based on the American College of Sports Medicine's Compendium of Physical Activities

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