



Whatever your activity, it's easy to turn it into steps with our handy conversion guide. And more steps turn into more kilometres for your journey!

Simply multiply the number of minutes you did the activity by the steps per minute shown.

E.g.: 20 x minutes of washing your car = 1,500 steps (20 x 75)

Then manually add the total steps to your Fitness Activity on your profile. Easy!

Activity	Steps per min.
Aerobics class	145
Badminton	146
Baseball	133
Basketball - game	213
Basketball - shooting hoops	120
Cycling - light	181
Cycling - moderate	213
Cycling - hard	266
Cycle machine - moderate	181
Bowling	101
Boxing	210
Boxing - punch bag	146
Canoeing - moderate	154
Circuit training	213
Climbing - rock or mountain	213
Dancing - ballroom - slow	80
Dancing - ballroom - fast	146
Dancing - disco	100
Fencing	160
Fitness class - low impact	133
Fitness class - high impact	194
Fitness class - Boot Camp	133
Fitness class - Zumba®	184
Football	186
Gardening - general	101
Gardening - mowing/raking	145
Golf	114
Gym weight training - moderate	93
Gym weight training - hard	160
Hockey	213

Activity	Steps per min.
Horse riding	146
Housework - car washing	75
Housework - general	90
Housework - scrubbing	140
Housework - vacuuming	100
Housework - window cleaning	75
Ice skating	186
Inline skating	200
Kayaking	133
Lacrosse	213
Martial arts - moderate pace	274
Pilates	80
Racquetball	186
Roller skating	186
Rowing - moderate	154
Rowing machine - moderate	186
Rowing machine - hard	226
Rugby	221
Running - 5 mph (12 min. mile)	213
Running - 6 mph (10 min. mile)	261
Running - 7 mph (8.5 min. mile)	293
Running - 8 mph (7.5 min. mile)	314
Running - 9 mph (6.5 min. mile)	340
Sailing	80
Scuba diving	186
Skateboarding	133
Skiing - Nordic - light	181
Skiing - Nordic - moderate	239
Skiing - Nordic - hard	333
Skiing - downhill - light	114

Activity	Steps per min.
Skiing - downhill - moderate	141
Skiing - downhill - hard	213
Skiing	314
Speed walking	173
Sledding	186
Snorkelling	133
Snowboarding - moderate	141
Soccer	186
Softball	133
Squash	194
Stair climbing - moderate	170
Stair machine - moderate	239
Stretching	61
Surfing	80
Swimming - light/moderate	154
Swimming - hard	261
Table tennis	141
Tai chi	80
Tennis - doubles	120
Tennis - singles	213
Tramping - uphill	242
Volleyball	140
Walking - 3 kmph	74
Walking - 5 kmph	93
Walking - 5.5 kmph	114
Walking - 6.5 kmph	133
Water polo	266
Water skiing	160
Wrestling	160
Yoga	67