


# MARCH INTO MAY

## Step Conversion Chart






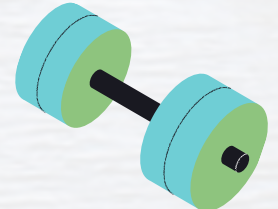
Convert your movement/activity time from **minutes** to **steps** by simply multiplying the number of minutes you participated in the activity by the number indicated in the chart. All levels of ability are encouraged to participate in March Into May and accommodations can be made due to your physical fitness level and/or situation/limitations.



**Here's how it works: 30 minutes gardening x 131 steps/minute = 3,930 steps.**

Activity	Steps per Min.
Aerobics Class	145
Badminton	100
Barre	97
Baseball/Softball	150
Basketball	171
Bicycling (Leisurely)	170
Bicycling (Road)	200
Bicycling (Mountain)	222
Boot Camp	133
Bowling 	87
Canoeing	177
Circuit Training	242
Cross Country Skiing	239
CrossFit	243
Dance (Slow) 	87
Dance (Fast)	154
Downhill Skiing	141
Elliptical	244
Firewood (Carrying)	176
Firewood (Chopping)	198
Football (Flag/Touch)	275
Frisbee 	80
Gardening	131

Activity	Steps per Min.
Golf	114
Group Fitness	194
Gymnastics 	160
Handball	319
Hiking (Uphill)	173
Hockey (Ice/Field)	213
Horseback Riding	146
Jumping Rope	314
Kayaking	133
Kettlebell Workout	261
Kickball 	194
Lacrosse	213
Martial Arts	274
Mowing Grass	160
Mopping 	101
Painting	100
Pilates	99
Pickleball 	150
Ping Pong	121
Punching Bag	182
Race Walking	173
Racquetball	156

Activity	Steps per Min.
Rowing 	186
Rock Climbing	244
Rugby	221
Running (12 min mile)	213
Running (10 min mile)	261
Running (8.5 min mile)	294
Running (7.5 min mile)	314
Running (6.5 min mile)	340
Sailing	80
Scuba Diving	186
Scrubbing Floors	135
Shoveling Snow	133
Skateboarding 	133
Skating (Ice)	186
Skating (Roller)	186
Sledding	186
Snorkeling	133
Snowboarding	141
Soccer 	186
Squash	194
Stair Climbing	220
Strength Training	130
Stretching	60
Sweeping	110
Surfing 	80



## Activity

## Steps per Min.

Spinning	240
Swimming (Moderate)	154
Swimming (Vigorous)	261
Snowshoeing	178
Tae Kwon Do	290
Tai Chi	8
Tennis (Singles)	336
Tennis (Doubles)	160
Trampoline	106
Vacuuming	104
Volleyball	70
Washing a Car	117
Water Aerobics	123
Water Jogging	275
Water Skiing	187
Walking (2 Mph)	76
Walking (3 Mph)	100
Walking (4 Mph)	152
Weightlifting (Light)	105
Weightlifting (Heavy)	206
Weight Lift (Back)	80
Weight Lift (Legs)	64
Weight Lift (Shoulders)	69



## Activity

## Steps per Min.

Weight Lift (Abs)	64
Weight Lift (Arms)	42
Wheelchair	125
Wrestling	207
Yard Work	135
Yoga (Moderate)	86
Yoga (Vigorous)	160
Zumba	152



# ACTIVITY MINUTES

The Centers for Disease Control and Prevention encourages 150 minutes of physical activity per week. Breaking it down to 30 minutes a day, 5 days a week. These activities should range from moderate to vigorous intensity and 2 out of the 5 days should include some form of strength training movement. Any movement is better than none! Lace up those shoes and have some fun!

**\*When engaging in a new physical activity, consult with your primary care physician to ensure it's appropriate for you.**