

# Maine in Motion

## Step Equivalents/Conversion Chart

### Instructions:

1. Find your activity on the chart below.
2. Next to your activity, find the steps per minute equivalent.
3. Multiply that number by the actual number of minutes that you performed the activity.
4. Add that number to the total number shown on your pedometer and record on your personal activity log.

<u>Step Equivalents</u>	<u>Step Equivalents of Activities</u>	
	<u>Steps per minute of activity</u>	
ACTIVITY	MEN	WOMEN
Canoeing	72	60
Chopping Wood	151	126
Cycling	180	150
Horseshoes	62	52
In-line Skating	240	200
Judo and Karate	283	236
Rowing	180	150
Skating	180	150
Skiing:		
Moderate to steep	180	150
Downhill racing	367	325
Cross-country	270	226
Snowshoeing	187	156
Swimming:		
Pleasure	115	97
Freestyle 25-50 yards per minute	180	150
Butterfly 50 yards per minute	307	256
Backstroke 25-50 yards per minute	180	150
Breaststroke 25-50 yards per minute	180	150
Sidestroke 40 yards per minute	235	196
Volleyball	108	90
Water-skiing	163	136
Weight lifting	120	100
Wrestling	317	
Yoga	60	50

Resource: The Step Diet Book ([www.stepdietbook.com](http://www.stepdietbook.com))

A program of the Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness

