

## Activity Converted to Steps and Calories Burned

| Activity              | Steps/30 minute<br>(female) | Calories burned/30 minute<br>(150 lb female) | Steps/30 minute<br>(male) | Calories burned/30 minute<br>(190 lb male) |
|-----------------------|-----------------------------|--|---------------------------|--|
| Aerobics (6-8in) step | 7080                        | 304.5  | 6540                      | 387  |
| Backpacking           | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Baseball              | 4260                        | 179  | 3810                      | 227.5                                      |
| Basketball (game)     | 6360                        | 286.5  | 4350                      | 364  |
| Bike (stationary)     | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Bicycling             | 6360                        | 286.5  | 5970                      | 364  |
| Circuit Training      | 6360                        | 286.5  | 5970                      | 364  |
| Football (flag/touch) | 6360                        | 286.5  | 5970                      | 364  |
| Golf                  | 3540                        | 154  | 3270                      | 195.5                                      |
| Jogging               | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Jumping Rope          | 7800                        | 358  | 7620                      | 455  |
| Racquetball           | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Running (~7mph)       | 10620                       | 412  | 9780                      | 537  |
| Skate (ice)           | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Skate (inline)        | 6000                        | 447.5  | 5700                      | 569  |
| Ski (downhill)        | 4950                        | 215  | 4350                      | 273  |
| Snowshoeing           | 6360                        | 286.5  | 5970                      | 364  |
| Soccer                | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Stair stepper         | 7080                        | 322  | 6540                      | 409.5                                      |
| Swim (freestyle)      | 5670                        | 250.5  | 5430                      | 318.5                                      |
| Tennis (doubles)      | 4950                        | 215  | 4350                      | 273  |
| Volleyball            | 3540                        | 107.5  | 2730                      | 136.5                                      |
| Walking (~4mph)       | 5310                        | 197  | 4890                      | 227.5                                      |
| Weight training       | 2130                        | 107.5  | 2190                      | 136.5                                      |
| Yoga                  | 2130                        | 89.5   | 2190                      | 114  |

\*Average stride length is approximately 2.5 feet long, therefore each 2,000-2,500 steps equals 1 mile and 100 calories burned for a 150 lb person

