

Self-reported activity conversion to steps

Based on 60 minutes of activity

Activity	Conversion to steps
Aerobic dance	7,680
Aerobics	11,760
Badminton	5,280
Basketball	9,420
Bicycling	11,760
Dancing	7,680
Elliptical trainer	10,620
Full-body workout	9,420
Gardening	4,680
Golf	5,280
High-impact training	9,420
Hiking	10,800

Activity	Conversion to steps
Kickboxing	11,760
Lawn mowing	6,480
Martial arts	11,760
Pilates	4,680
Running	15,900
Stationary bicycling	11,760
Swimming	11,760
Walking	4,680
Weight lifting	3,540
Wheelchair	3,540
Yard work	5,340
Yoga	2,940