



## Convert Your Activities to Steps

Need to convert your other physical activities into steps for our VirginPulse walking challenge? Find your activity (or one similar to it) in the chart below and then multiply the number of minutes of activity by the number of steps per minute. For example: 30 minutes of ping-pong equals 3,480 steps! Remember to log your steps at [member.virginpulse.com](http://member.virginpulse.com).

Steps per Minute	Activity	Steps per Minute	Activity	Steps per Minute	Activity
145	Aerobics (low impact)	260	Hockey	180	Stair climbing (light)
246	Aerobics (step)	101	Housework, general	260	Stair climbing (moderate)
131	Badminton	203	Ice skating	72	Stretching
174	Basketball	290	Jumping rope	203	Swimming
116	Bicycling, leisurely	290	Martial Arts	116	Tai Chi
203	Bicycling, moderate	160	Mowing the lawn	232	Tennis
87	Bowling	260	Orienteering	101	Trampoline
87	Canoeing, light	131	Painting walls	87	Volleyball
232	Circuit Training	101	Pilates	87	Wash the car
232	Cross-country skiing	116	Ping pong	116	Water aerobics
125	Curling (sweeping)	203	Racquet Sports		
131	Dancing	125	Raking leaves		
174	Downhill skiing	203	Rollerblading		
203	Elliptical trainer	101	Rowing, light		
145	Firewood, carrying/stacking	203	Rowing, moderate		
260	Football	463	Running, 10 mph (6 min/mile)		
116	Gardening (light)	391	Running, 8 mph (7.5 min/mile)		
174	Gardening (heavy)	290	Running, 6 mph (10 min/mile)		
131	Golfing, without a cart	232	Running, 5 mph (12 min/mile)		
101	Golfing, with a cart	174	Snow shoveling		
67	Grocery Shopping	182	Snowboarding		
348	Handball	203	Soccer		
172	Hiking, general	145	Softball		
116	Horseback riding	348	Squash		

For more information about our current wellness challenges, visit [myMonarc.org](http://myMonarc.org).

