

Step toward your best health

There are many ways to get your body moving and blood flowing. This chart can help you count “steps taken” for different activities.

Grab your calculator! To use this chart, multiply “Approximate Steps Per Minute” (below) by the number of minutes you did an activity.

Activity	Approximate Steps per Minute
Walking (at 4 mph)	129
Low-intensity aerobics	106.05
Water aerobics	121.2
Badminton	136
Bowling	90.9
Cycling	121.2
Dancing	90.9
Gardening	151.5
Golfing	106.05
Housework	106.05
Racquetball	212.1
Stair climbing	272.75
Swimming laps	212.1
Tai Chi	121.2
Tennis	151.5
Yoga	75.75



**Cristina spent 30 minutes gardening.
How many “steps” is that?**

$$\begin{array}{r}
 30 \text{ minutes gardening} \\
 \times \\
 151.5 \text{ steps per minute} \\
 \hline
 4,545 \text{ steps}
 \end{array}$$

If your activity is not listed above, use a similar activity to estimate the steps you have earned. We hope this helps you reach your personal activity goals.

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