

Activity	Equivalent steps per minute
Aerobics	181
Badminton	167
Ballet	120
Basketball	242
Boxing	177
Circuit training	232
Climbing	270
Cycling	170
Dancing	120
Elliptical training	203
Football/Soccer	173
Gardening	145
Golfing	131
Hockey	260
Horse riding	116
Housework	100

Ice skating	122
Judo/Karate	236
Kayaking	152
Kickboxing	290
Mowing the lawn	201
Pilates	101
Ping Pong	116
Rowing	147
Skiing	174
Skipping	275
Squash	348
Swimming	181
Tennis	232
Washing a car	79
Weightlifting	190
Yoga	100