

MARCH INTO MAY

Step Conversion Chart

Convert your movement/activity time from **minutes** to **steps** by using the March Into May Step Conversion Chart. All levels of ability are encouraged to participate and accommodations can be made due to your physical fitness level and/or situation/limitations.

Here's how it works: 30 minutes gardening x 131 steps/minute = 3,930 steps.

Activity	Steps per Min.	Activity	Steps per Min.	Activity	Steps per Min.
Aerobics Class	145	Golf	114	Rowing	186
Badminton	100	Group Fitness	194	Rock Climbing	244
Barre	97	Gymnastics	160	Rugby	221
Baseball/Softball	150	Handball	319	Running (12 min mile)	213
Basketball	171	Hiking (Uphill)	173	Running (10 min mile)	261
Bicycling (Leisurely)	170	Hockey (Ice/Field)	213	Running (8.5 min mile)	294
Bicycling (Road)	200	Horseback Riding	146	Running (7.5 min mile)	314
Bicycling (Mountain)	222	Jumping Rope	314	Running (6.5 min mile)	340
Boot Camp	133	Kayaking	133	Sailing	80
Bowling	87	Kettlebell Workout	261	Scuba Diving	186
Canoeing	177	Kickball	194	Scrubbing Floors	135
Circuit Training	242	Lacrosse	213	Shoveling Snow	133
Cross Country Skiing	239	Martial Arts	274	Skateboarding	133
CrossFit	243	Mowing Grass	160	Skating (Ice)	186
Dance (Slow)	87	Mopping	101	Skating (Roller)	186
Dance (Fast)	154	Painting	100	Sledding	186
Downhill Skiing	141	Pilates	99	Snorkeling	133
Elliptical	244	Pickleball	150	Snowboarding	141
Firewood (Carrying)	176	Ping Pong	121	Soccer	186
Firewood (Chopping)	198	Punching Bag	182	Squash	194
Football (Flag/Touch)	275	Race Walking	173	Stair Climbing	220
Frisbee	80	Racquetball	156	Strength Training	130
Gardening	131			Stretching	60
				Sweeping	110
				Surfing	80



ACTIVITY MINUTES

The Centers for Disease Control and Prevention encourages 150 minutes of physical activity per week. Breaking it down to 30 minutes a day, 5 days a week. These activities should range from moderate to vigorous intensity and 2 out of the 5 days should include some form of strength training movement. Any movement is better than none! Lace up those shoes and have some fun!

***When engaging in a new physical activity, consult with your primary care physician to ensure it's appropriate for you.**