

Warning: Check with your healthcare provider before starting a new exercise program or making lifestyle changes.

Activity	Steps per Minute	Activity	Steps per Minute
Outdoor fitness – Walking, Running, hiking, etc. (without synced fitness tracker)	1 Mile = 2000 steps	Housework	71
Aerobic, dancing class	127	Mowing (not riding)	201
Aerobic, fitness class	181	Rowing	147
Aerobic, step class	153	Running	290
Ballet	120	Soccer	200
Baseball	111	Stairs	181
Basketball	242	Swimming	181
Biking	200	Tennis	232
Circuit training	232	Water aerobics\exercise	116
Dance	131	Weight lifting	174
Elliptical	203	Yard work	125
Football	230	Yoga	72
Golf (no cart)	181	Zumba	148
Horseback riding	116		