

Physical Activity	# minutes = 1300 steps	
	Moderate	Vigorous
Aerobic Dance	11	8
Backpacking	9	6
Badminton	10	7
Ballroom dancing	14	8
Basketball	9	6
Bicycling	11	8
Billiards/pool	17	15
Bowling	14	10
Calisthenics	11	8
Canoeing/rowing	11	8
Croquet	17	15
Stationery cycling	10	7
Fencing	7	5
Fishing	14	12
Frisbee	14	10
Football (Touch)	11	8
Gardening (Active)	30	20
Golfing	19	15
Hiking	11	7
Hockey (field & ice)	7	5

Jogging	9	6
Martial Arts	6	4
Mountain Climbing	9	6
Pilates	13	10
Racquetball/handball	11	8
Rope Skipping	8	5
SCUBA Diving	11	8
Skating	11	8
Skiing (Cross country)	9	6
Skiing (downhill)	12	9
Snowboarding	9	7
Snowshoeing	8	6
Soccer	11	8
Stair/bench stepping	10	7
Swimming	11	8
Table Tennis	23	16
Tennis	11	8
Volleyball	15	10
Water-skiing	11	8
Weight Training Circuit	11	8
Yoga	Hatha 15	11
<i>"Walking In The Way" by Ronnette Sailors &amp; Metabolic Equivalents of various physical activities</i>		