



Workplace Athlete

Step Equivalents per Minute of Activity

For 5000 Steps Equivalent, about:

Weight lifting (moderate effort) - 121, (vigorous effort) - 182	Moderate effort - 42 minutes Vigorous effort - 28 minutes
Swimming laps (leisurely) - 182, (Moderate) - 212, (vigorous) - 303	Leisurely - 28 minutes Moderate - 24 minutes Vigorous - 17 minutes
Tennis - 212	24 minutes
Volleyball - 121	42 minutes
Stairmaster - 273	19 minutes
Stationary bicycling (moderate effort) - 212, (vigorous effort) - 318	Moderate - 24 minutes Vigorous - 16 minutes
Step aerobics - 273	19 minutes
Walking 3 mph - 100	50 minutes
Walking slow - under 2 mph - 61	82 minutes
Walking 3.5 mph - 115	44 minutes
Walking 4 mph - 152	33 minutes
Walking 5 mph - 242	21 minutes
Basketball - shooting baskets - 136	37 minutes
Basketball game - 242	21 minutes
Bicycling - 242	21 minutes
House cleaning - 91	55 minutes
Jump rope - 303	17 minutes

www.mckinley.illinois.edu/interactive/olwmcclass/6_physical_activity.htm