



ACTIVITY CONVERTED TO STEPS

| Activity | Steps per minute | |
|-----------------------------|------------------|-------|
| | Boys | Girls |
| Bicycling (moderate) | 226 | 218 |
| Soccer | 301 | 291 |
| Basketball | 226 | 218 |
| Dancing | 113 | 146 |
| Swimming (leisure) | 150 | 182 |
| Walking | 75 | 109 |
| Washing the car | 75 | 73 |
| Shopping in the mall | 75 | 73 |
| Inline skating | 237 | 237 |
| Volleyball | 113 | 109 |
| Field Hockey | 226 | 218 |
| Cheerleading | 113 | 109 |
| Bowling | 75 | 73 |
| Baseball | 150 | 146 |
| Clearing dishes | 75 | 75 |
| Skiing (downhill, moderate) | 150 | 182 |
| Flag football | 226 | 218 |
| Ultimate frisbee | 226 | 218 |
| Horseback riding | 113 | 109 |
| Miniature golf | 75 | 73 |