

Thumbs Up! Poster

Number of Steps for common activities

Each day you should attempt to do some physical activity			
Adult rate		Children 10 – 16yrs rate	
Rating	Number of steps	Rating	Number of steps
Not enough	0 – 5,000 steps	Not enough	0 – 2,500 steps
Low	5,000 – 7,500 steps	Low	2,500 – 4,000 steps
Good	7,500 – 10,000	Excellent	7,500 and more
Excellent	10,000 and more		

ACTIVITY	Steps per min	per 10 min	per 20 min	per 30 min
Basketball (shooting baskets)	135			
Basketball (game)	240			
Bicycling	240			
Bicycling fast	365			
Bicycling under 10 mph	120			
Calisthenics - vigorous	240			
Calisthenics - light to moderate	105			
Children's playground games	135			
Cooking	60			
Fishing	90			
Football	240			
Frisbee	90			
Gardening	120			
Gymnastics	120			
Hockey - field	240			
Horseback riding	120			
House cleaning	90			
Hunting	150			
Jogging	210			
Jogging on mini-trampoline	135			



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ACTIVITY	Steps per min	per 10 min	per 20 min	per 30 min
Jump rope	305			
Lawn mowing -power mower	150			
Martial arts	300			
Mini golf	90			
Raking lawn and leaves	120			
Rugby	305			
Running - 5 mph - 12 minute miles	240			
Shopping	70			
Skateboarding	150			
Soccer	210			
Softball	150			
Stationary bicycling (moderate effort)	201			
Swimming laps - moderate	210			
Swimming laps - vigorous	305			
Swimming leisurely	180			
Table tennis	120			
Tai Chi	120			
Tennis	210			
Volleyball	120			
Yoga	75			