

From *THE STEP DIET BOOK*

**STEP EQUIVALENTS OF ACTIVITIES NOT COUNTED BY STEP COUNTERS**

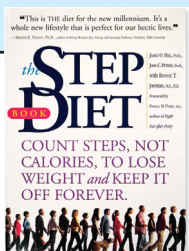
**WOMEN**

ACTIVITY	STEPS PER MINUTE OF ACTIVITY
Canoeing	60
Chopping Wood	126
Cycling	150
Horseshoes	52
In-line skating	200
Judo and karate	236
Rowing	150
Skating	150
Skiing	
Moderate to steep	150
Downhill racing	306
Cross country	225
Snowshoeing	156
Swimming	
Pleasure	96
Freestyle—25–50 yards per minute	150
Butterfly—50 yards per minute	150
Backstroke—25–50 yards per minute	150
Breaststroke—25–50 yards per minute	150
Sidestroke—40 yards per minute	196
Volleyball	90
Waterskiing	136
Weight lifting	100
Yoga	50

**STEP EQUIVALENTS OF ACTIVITIES NOT COUNTED BY STEP COUNTERS**

**MEN**

ACTIVITY	STEPS PER MINUTE OF ACTIVITY
Canoeing	72
Chopping Wood	151
Cycling	180
Horseshoes	62
In-line skating	240
Judo and karate	283
Rowing	100
Skating	180
Skiing	
Moderate to steep	180
Downhill racing	367
Cross country	270
Snowshoeing	187
Swimming	
Pleasure	115
Freestyle—25–50 yards per minute	180
Butterfly—50 yards per minute	307
Backstroke—25–50 yards per minute	180
Breaststroke—25–50 yards per minute	180
Sidestroke—40 yards per minute	235
Volleyball	108
Waterskiing	163
Weight lifting	120
Wrestling	317
Yoga	60



Credit: *The Step Diet Book* by James O. Hill, PhD, John C. Peters, PhD, and Bonne T. Jortbert, MS, RD, Workman Publishing, 2004. For more information about *The Step Diet Book*, see website at <http://stepdietbook.com>.

This book is included in the ACCUSPLIT AA5440 Step Diet Activity Wellness Program. For more information visit our website at [www.ACCUSPLIT.com](http://www.ACCUSPLIT.com) or call 800 935-1996.