



Virgin Pulse Non-Step Conversion Tool

Need to convert your other physical activities into steps for the Food Around the Globe Challenge?

Find your activity (or one similar to it) in the chart below and enter it in manually in the challenge.

Look for the running shoe icon in the upper right corner and click "Add an Activity".

Steps per Minute	Activity	Steps per Minute	Activity
69	Archery	244	Rock Climbing
137	Badminton	137	Rowing Machine
167	Ballroom Dancing	157	Running (5pmh/8.3 kph)
98	Baseball	196	Running (6 mph/10 kph)
157	Basketball	226	Running (7 mph/11.7 kph)
118	Body Building	265	Running (8 mph/13.3 kph)
236	Boxing	137	Ski Machine
137	Canoeing	157	Skiing (Cross Country)
229	Circuit Training	118	Skiing (Downhill)
98	Cricket	137	Snowboarding
125	CrossFit	157	Snowshoeing
157	Cycling (10-13 mph/16-21 kph)	137	Soccer
196	Cycling (14-15 mph/22-24 kph)	128	Speed Walking
236	Cycling (16-19 mph/25-31 kph)	157	Spinning Class
315	Cycling (20+ mph/32+ kph)	236	Squash
167	Cycling (Mountain)	177	Stair Master
137	Cycling (Stationary)	137	Swimming (Backstroke)
88	Dancing	196	Swimming (Breaststroke)
137	Diving	216	Swimming (Butterfly)
183	Electric Bike	196	Swimming (Freestyle)
177	Elliptical Trainer	157	Swimming (Sidestroke)
157	Field Hockey	121	Table Tennis
121	Gardening	78	Tai Chi
128	Group Exercise Class	137	Tennis
137	Hiking	157	Volleyball
91	Home/Auto Repair	67	Walking 2 mph (Slow Pace)
78	Horseback Riding	100	Walking 3 mph (Moderate Pace)
91	House Cleaning	134	Walking 4 mph (Very Brisk Pace)
157	Ice Hockey	78	Water Aerobics
137	Ice Skating	303	Water Polo
196	Jump Rope	118	Water Skiing
98	Kayaking	182	Weight Lifting
152	Lawn Mowing	128	Wheelchair Basketball
196	Martial Arts	59	Wheeling
150	Moderate Paced Hand Cycling	59	Wii Sports
78	Pilates	49	Yoga
137	Racquetball		