



Step Conversions for Other Activities

Health District On the Move is a program that motivates people to increase their activity level by increasing their steps. There are many different activities that can be done to increase levels of physical activity, however, we consider those that follow to be the ones that are most equivalent to walking. The pedometer will still count steps for most activities – walking, running, hiking, tennis, soccer, basketball, etc. The pedometer will not give you credit for steps with activities such as cycling or swimming. You will need to convert these activities into “step” counts. These conversions are not exact, but will at least give you an idea of the “average” number of steps for performing the following activities at a **moderate** intensity level. Please use your best judgment in converting your activities.

<u>Activity</u>	<u>Steps/Minute</u>
Cycling	150
Swimming	150
Downhill Skiing	150
Cross-Country Skiing	150
Rollerblading	200
Rowing	150
Elliptical	150

Steps-to-Distance Conversion

STEPS	MILES	KM
500	.25	.40
1000	.50	.80
1500	.75	1.21
2000	1.00	1.61
2500	1.25	2.01
3000	1.50	2.41
3500	1.75	2.82
4000	2.00	3.22
4500	2.25	3.62
5000	2.50	4.02

STEPS	MILES	KM
5500	2.75	4.43
6000	3.00	4.83
6500	3.25	5.23
7000	3.50	5.63
7500	3.75	6.03
8000	4.00	6.44
8500	4.25	6.84
9000	4.50	7.24
9500	4.75	7.64
10000	5.00	8.05