

# STEPS TO MINUTES TO MILES CONVERSION CHART

| STEPS | MINUTES | MILES | STEPS | MINUTES | MILES | STEPS | MINUTES | MILES | STEPS | MINUTES | MILES |
|-------|---------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|
| 500   | 5       | 0.25  | 3000  | 30      | 1.5   | 5500  | 55      | 2.75  | 8000  | 80      | 4     |
| 1000  | 10      | 0.5   | 3500  | 35      | 1.75  | 6000  | 60      | 3     | 8500  | 85      | 4.25  |
| 1500  | 15      | 0.75  | 4000  | 40      | 2     | 6500  | 65      | 3.25  | 9000  | 90      | 4.5   |
| 2000  | 20      | 1     | 4500  | 45      | 2.25  | 7000  | 70      | 3.5   | 9500  | 95      | 4.75  |
| 2500  | 25      | 1.25  | 5000  | 50      | 2.5   | 7500  | 75      | 3.75  | 10000 | 100     | 5     |

| PHYSICAL ACTIVITY       | TIME SPENT TO EQUAL<br>1 MILE OR 2,000 STEPS | PHYSICAL ACTIVITY             | TIME SPENT TO EQUAL<br>1 MILE OR 2,000 STEPS |
|-------------------------|--|-------------------------------|--|
| AEROBICS (HIGH IMPACT)  | 11 MINUTES                                   | ELLIPTICAL                    | 10 MINUTES                                   |
| AEROBICS (LOW IMPACT)   | 16 MINUTES                                   | FISHING                       | 36 MINUTES                                   |
| AEROBICS (HIGH IMPACT)  | 11 MINUTES                                   | FOOTBALL                      | 15 MINUTES                                   |
| BASEBALL                | 20 MINUTES                                   | GOLFING                       | 20 MINUTES                                   |
| BASKETBALL              | 20 MINUTES                                   | GROCERY SHOPPING              | 30 MINUTES                                   |
| BICYCLING (10-11.9 MPH) | 20 MINUTES                                   | GYMNASTICS                    | 23 MINUTES                                   |
| BICYCLING (12-13.9 MPH) | 10 MINUTES                                   | HANDBALL                      | 14 MINUTES                                   |
| BICYCLING (14-15.9 MPH) | 8 MINUTES                                    | HIKING                        | 12 MINUTES                                   |
| BOXING                  | 15 MINUTES                                   | HOCKEY                        | 11 MINUTES                                   |
| CIRCUIT TRAINING        | 11 MINUTES                                   | HOUSEWORK (LIGHT)             | 28 MINUTES                                   |
| DANCING (ALL TYPES)     | 15 MINUTES                                   | HOUSEWORK<br>(MOPPING FLOORS) | 39 MINUTES                                   |





| PHYSICAL ACTIVITY                 | TIME SPENT TO EQUAL<br>1 MILE OR 2,000 STEPS | PHYSICAL ACTIVITY                                | TIME SPENT TO EQUAL<br>1 MILE OR 2,000 STEPS |
|-----------------------------------|--|--|--|
| HOUSEWORK (VACUUMING)             | 20 MINUTES                                   | STAIR CLIMBING (VIGOROUS)                        | 7 MINUTES                                    |
| JUMP ROPE (MODERATE)              | 8 MINUTES                                    | STATIONARY BICYCLING (LIGHT)                     | 16 MINUTES                                   |
| JUMP ROPE (SLOW)                  | 11 MINUTES                                   | STATIONARY BICYCLING<br>(MODERATE)               | 11 MINUTES                                   |
| KICKBOXING/KARATE                 | 7 MINUTES                                    | STATIONARY BICYCLING<br>(VIGOROUS)               | 8 MINUTES                                    |
| MOWING                            | 13 MINUTES                                   | STRETCHING (6 STEPS/MIN)                         | 3 HOURS, 33 MINUTES                          |
| PILATES (SIT-UPS/PUSH-UPS)        | 20 MINUTES                                   | SWIMMING (LEISURE)                               | 15 MINUTES                                   |
| PING PONG                         | 17 MINUTES                                   | SWIMMING (MODERATE)                              | 12 MINUTES                                   |
| RAKING LEAVES                     | 16 MINUTES                                   | SWIMMING (TREADING WATER)                        | 41 MINUTES                                   |
| RESISTANCE TRAINING               | 15 MINUTES                                   | SWIMMING (VIGOR)                                 | 9 MINUTES                                    |
| ROLLERBLADING/ICE SKATING         | 11 MINUTES                                   | TENNIS   | 10 MINUTES                                   |
| RUNNING (9-MINUTE MILE)           | 9 MINUTES                                    | VOLLEYBALL                                       | 9 MINUTES                                    |
| SHOVELING SNOW                    | 11 MINUTES                                   | WALKING (JOGGING)                                | 20 MINUTES                                   |
| SKIING (CROSS-COUNTRY)            | 10 MINUTES                                   | WASHING THE CAR                                  | 23 MINUTES                                   |
| SKIING/SNOWBOARDING<br>(DOWNHILL) | 15 MINUTES                                   | WATER AEROBICS                                   | 20 MINUTES                                   |
| SOCCER                            | 10 MINUTES                                   | WEIGHTLIFTING (HEAVY<br>GARDENING/ROCK CLIMBING) | 27 MINUTES                                   |
| SOFTBALL                          | 20 MINUTES                                   | YARD WORK (GENERAL)                              | 14 MINUTES                                   |
| STAIR CLIMBING (SLOW)             | 23 MINUTES                                   | YOGA   | 40 MINUTES                                   |
| STAIR CLIMBING (MODERATE)         | 11 MINUTES                                   |  |  |

