

Exercise Equivalents

Activity	Actual Miles/Minutes	Recorded Steps
Walking, stroll (2 mph)	30 minutes =	2000 steps
Walking, typical pace (3 mph)	30 minutes =	3000 steps
Walking, brisk (4 mph)	30 minutes =	4000 steps
Running (5.5 mph)	1 mile =	2000 steps
Cycling/Mountain Biking (13 mph)	7 miles =	2000 steps
Spinning	30 minutes =	4000 steps
Aerobics (moderate intensity)	30 minutes =	2000 steps
Stairmaster (moderate intensity)	15 minutes =	2000 steps
Roller Blading	3 miles =	2000 steps
Swimming (30 yds/min)	1 mile =	2000 steps
Garden, digging	30 minutes =	5000 steps
Garden, push mowing	30 minutes	4500 steps
Garden, raking	30 minutes =	2000 steps
Garden, planting	30 minutes =	3000 steps
Dancing, moderate to rapid	20 minutes =	2000 steps

The primary goal of the local walking program is to encourage people to participate in regular activity to increase overall health. The exercise values have been estimated by determining the average caloric burn for a 150 lb. person exercising at moderate intensity levels for 30 minutes.

The exercise equivalents have been developed so participants who enjoy activities in addition to walking can log credit for those different activities. These are estimates. You may log 2000 steps for 20 minutes of any exercise that makes you breathe hard and sweat. You may log 2000 steps for every 15 minutes of any continuous exercise that makes you breathe very hard and perspire heavily.

2,000 steps measured with a pedometer = 1 mile. We will calculate the miles for you, so that all you need to do is to record steps on the “record sheet”.

(Modified from the Walk Across Texas Program)