

Exercise Equivalents		
Activity	Actual Miles/ Minutes	Recorded Miles
Walking, stroll (2 mph)	30 minutes =	1 mile
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Walking, brisk (4 mph)	30 minutes =	2 miles
Running (5.5 mph)	1 mile =	1 mile
Cycling/Biking (13 mph)	7 miles =	1 mile
Spinning	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming (30 yards/min)	1 mile =	1 mile
Gardening, digging	30 minutes =	2.5 miles
Gardening, push mowing	30 minutes =	2.25 miles
Gardening, raking	30 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing, moderate to rapid	20 minutes =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:
 Walking, stroll (2 mph) for 30 minutes = 1 mile "walked"
 You walk at a walking stroll for 45 minutes and want to convert that activity to miles:
 $\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:
 Cycling/Biking (13 mph) for 7 miles = 1 mile "walked"
 You bike for 5 miles and want to convert that activity to miles:
 $\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$

Adapted from University of Maryland Extension: Worcester County 4-H

Steps to Distance Conversion Chart:

Steps-to-Distance Conversion Chart

Below is an estimated steps-to-distance conversion. While distance varies for each individual depending on stride length, this chart uses an average 32" stride length.

STEPS	MILES	KM		STEPS	MILES	KM
500	.25	.40		5500	2.75	4.43
1000	.50	.80		6000	3.00	4.83
1500	.75	1.21		6500	3.25	5.23
2000	1.00	1.61		7000	3.50	5.63
2500	1.25	2.01		7500	3.75	6.03
3000	1.50	2.41		8000	4.00	6.44
3500	1.75	2.82		8500	4.25	6.84
4000	2.00	3.22		9000	4.50	7.24
4500	2.25	3.62		9500	4.75	7.64
5000	2.50	4.02		10000	5.00	8.05

Source: 10-K-A-Day Walking Incentives Pedometer Tips, Los Alamos National Laboratory Wellness Center, www.wellness.lanl.gov/svc/motive/10k/pedtips.htm. Accessed March 15, 2004.

