



Walk Equivalents



Physical Activity	Time spent to equal 1 mile or 2000 steps
Bicycling – leisurely	20 minutes
Bicycling – light, 10–11.9 mph	13 minutes
Bicycling – moderate, 12–13.9 mph	10 minutes
Bicycling – vigorous, 14–15.9 mph	8 minutes
Bicycling – racing, 16–19 mph	6 minutes
Stationary bicycling: light	16 minutes
Stationary bicycling: moderate	11 minutes
Stationary bicycling: vigorous	8 minutes
Aerobics: low impact	16 minutes
Aerobics: high impact	11 minutes
Water aerobics	20 minutes
Swimming laps: vigorous	8 minutes
Swimming laps: light/moderate	10 minutes
Resistance training (weightlifting)	27 minutes
Skating	20 minutes
Dancing	15 minutes
Soccer	10 minutes
Basketball	20 minutes
Jumping rope	12 minutes
Football	15 minutes
Relay Races	20 minutes
Tennis	10 minutes
Golf (walking)	20 minutes

STEPS-TO DISTANCE CONVERSION CHART

For those of you who are used to keeping track of the miles you walk or run, this is an easy conversion chart for you to use if you are planning to keep a log, or increase your “step count”.

STEPS	MILES	STEPS	MILES
500	.25	5500	2.75
1000	.50	6000	3.0
1500	.75	6500	3.25
2000	1.00	7000	3.5
2500	1.25	7500	3.75
3000	1.50	8000	4.0
3500	1.75	8500	4.25
4000	2.00	9000	4.5
4500	2.25	9500	4.75
5000	2.50	10000	5.0

Remember, it takes about 4 months to “lock in” a new behavior. Be prepared to dedicate yourself to your daily goal each day for at least this long. If you do that, you are much more likely to maintain this goal permanently.