

Convert your exercise minutes into steps

Multiply the number of minutes you participated in the activity by the number of steps indicated in the chart. *Note: conversions are estimates*



Activity	Steps/min
Aerobics, low impact	125
Bicycling, easy pace	130
Bicycling, moderate pace	170
Circuit Training	199
Dancing	109
Elliptical	203
Gardening	80
Hiking	172
Housework	72
Jogging	181
Pilates	91

Activity	Steps/min
Running, 12 minute mile	178
Running, 10 minute mile	222
Running, 8 minute mile	278
Spin Class	200
Stretching	15
Swimming	174
Walking, stroll	61
Walking, average	84
Weight lifting	67
Yard work	89
Yoga	45

Need a conversion for an activity that is not listed?

Contact Health *Plus* at health.plus@vumc.org

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.