

Step Conversion Chart

The chart below shows the conversion of steps per minute for a few common activities that your pedometer may not measure. If you participate in these activities, multiply the steps per minute (list below) times the length of time (in minutes) you participated in the activity. Add this to your total number of steps for the day (i.e. 15 minutes on the elliptical trainer would result in $15 \times 200 = 3000$ steps).

Activity	Steps per Minute
Aerobic Dance (strenuously)	140
Aerobic Dance (low impact)	118
Calisthenics	106
Elliptical	200
Gardening	73
Swimming (crawl stroke, 1 mph)	182
Water Aerobics	121
Weightlifting	64
Yoga	76

If you can't find the activity you participated in on this chart, use the link below to visit the Walk4Life website. Here you can use their interactive step converter for more activities:

http://www.walk4life.com/customerservice/forms_activityconverter.aspx.

