

STEP IT UP



Erie County

Step It Up Erie County Physical Activity Conversion Chart

Physical Activity	Miles or Minutes Completed	Recorded steps/miles
Cardio/aerobics		
Walking - running - swimming	1 mile	= 2,000 steps/ 1 mile
Cycling - street or mountain Rollerblading	3 miles	= 2,000 steps/ 1 mile
Vigorous intensity exercise, somewhat hard to talk Spinning - Stairmaster - water aerobics - adaptive exercises - Cross fit - HITT - Tabata	20 minutes	= 2,000 steps/ 1 mile
Moderate intensity exercise, easy to talk See list above	30 minutes	= 2,000 steps/ 1 mile
Basketball - tennis - pickleball - soccer	20 minutes	= 2,000 steps/ 1 mile
Volleyball	45 minutes	= 2,000 steps/ 1 mile
Strength		
Yoga - strength training - Pilates – barre – adaptive exercises – weightlifting – resistance band exercises	30 minutes	= 2,000 steps/ 1 mile

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Example #1 of activity and conversion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Strength Training 30 minutes	1 mile walk	Strength Training 30 minutes	Yoga 30 minutes	Rest	2 mile walk	Rest	
Miles	1	1	1	1	0	2	0	6 miles
Steps	2000	2000	2000	2000	0	4000	0	12,000 steps

Example #2 of activity and conversion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	60 Min HIIT Class	1 mile walk	30 Min Yoga	Rest	2 mile walk	Family soccer 30 minutes	Rest	
Miles	3	1	1	0	2	1.5	0	8.5 miles
Steps	6000	2000	2000	0	2	3000	0	17,000 steps