



Walk Your AS Off!



Conversion Chart

Walking	average	2000	steps/mile
Bicycling	beginner	100	steps/min
	moderate	12,000	steps/hour
	advanced	15,000	steps/hour
Dancing	Aerobic	120	steps/min
	Socially	100	steps/min
Aerobics	high impact	10,920	steps/hour
	low impact	118	steps/min
Pilates/Yoga	average	101	steps/min
Swimming	average	145	steps/min
Tai Chi	average	8	steps/min
Weight Lifting	moderate	87	steps/min
Household Activities	average	78	steps/min
Yardwork/Gardening	average	145	steps/min
Outdoor Sports	average	100	steps/min
Shoveling Snow	moderate	174	steps/min