

How to convert your activity into steps!



Easy step conversions to convert any activity into steps. Simply multiply the number of minutes active by either the step in the chart or the distance conversions. All steps are estimates and your actual count may vary.

| Activity | Steps by 1 minute |
|--------------|-------------------|
| Bicycling | 170 |
| Housework | 72 |
| Sports | 145 |
| Swimming | 174 |
| Yoga/Pilates | 76/91 |

| Any activity | Number of steps |
|-------------------|-----------------|
| 10 minutes active | 1000 |
| 1 mile | 2000 |

| Wheelchair use by meters | |
|--------------------------|--------|
| 100 meters | 125 |
| 1609 meters | 1 mile |

Sources

Verywellfit, 2017 WYASO conversion chart, k-state activity conversion