



How to Convert Your Other Activities into Steps

Pedometers are only able to count steps when walking. You can convert your other physical activities into steps. The first thing you need to do is decide whether the activity is of a moderate intensity or vigorous intensity.

Moderate intensity activities are ones that make you breathe a little bit heavier and cause a slight increase in heart rate, but you should still be able to hold a conversation. Activities such as brisk walking, moderate paced swimming, gentle cycling, and dancing are typically moderate intensity activities.

Vigorous intensity activities are ones that make you 'huff and puff' a lot and cause a large increase in your heart rate, you will have great difficulty in holding a conversation during a vigorous intensity activity. Activities such as jogging, aerobics, circuit training, fast cycling, netball and soccer are typically vigorous intensity activities.

When converting activities into steps you can use the following guidelines:

10 minutes of moderate intensity activity equals 1,000 steps

10 minutes of vigorous intensity activity equals 2,000 steps