

10,000TM

STEPS

DO YOU

enjoy a variety of

ACTIVITIES?

CONVERT THEM INTO STEPS!



Recording Other Activities in Steps

10,000 Steps not only encourages you to walk more, but also to participate in other activities that you enjoy and that fit in with your daily lifestyle. As the pedometer will not accurately record steps when you are participating in some

activities, use this table to assist in converting your minutes of physical activity into steps. When you are getting a little bored with your routine – look to try something new or go back to an activity that you have previously enjoyed.

10 minutes of Moderate Intensity Activity = 1,000 Steps

10 minutes of High Intensity Activity = 2,000 Steps

| Moderate Intensity Activity | | High Intensity Activity | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> causes a slight, but noticeable increase in breathing and heart rate. You should be able to maintain a conversation. | | <ul style="list-style-type: none"> makes you “huff and puff” and is where talking full sentences between breaths is difficult. | |
| Some Examples Of Moderate Intensity Activity | | Some Examples Of High Intensity Activity | |
| <ul style="list-style-type: none"> Brisk Walking Swimming Cycling Horse Riding Rowing Dancing | <ul style="list-style-type: none"> Active Gardening <ul style="list-style-type: none"> Mowing Raking Digging | <ul style="list-style-type: none"> Circuit Training Aerobics Brisk Rowing Fast Cycling Jogging | <ul style="list-style-type: none"> Competitive Sport <ul style="list-style-type: none"> Squash Football Netball |

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For further information on physical activity & programs contact:

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