

Do you enjoy a variety of activities?

Convert them to 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. If 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 vigorous intensity activity = 2,000 steps

| Moderate intensity activity | | Vigorous 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 vigorous 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 |

For further information please contact:
 10,000 Steps
 T: (07) 4930 6751
 E: 10000steps@cqu.edu.au



www.10000steps.org.au

Healthier. Happier.

