

## ➤ Move more challenge



### Counting steps for other activities

When you choose an activity other than walking, check the Step Converter chart to determine the equivalent number of steps for that activity.

*Note: To receive the most accurate step conversion, you should remove your pedometer when choosing an activity other than walking. (But don't reset it to zero! Just set it aside.) It is best to use the Step Converter chart to calculate your steps during a non-walking activity and add those steps to the total number reflected on your pedometer at the end of the day.*

Type	Steps	Notes
Lifestyle/light physical activity	15 minutes = 1,000 steps	<b>Light activity feels easy</b> <ul style="list-style-type: none"><li>➤ You have no noticeable changes in your breathing pattern</li><li>➤ You don't break a sweat (unless it's very hot or humid)</li><li>➤ You can easily carry on a full conversation or even sing</li></ul>
Moderate physical activity	15 minutes = 2,000 steps	<b>Moderate activity feels somewhat hard</b> <ul style="list-style-type: none"><li>➤ Your breathing quickens, but you're not out of breath</li><li>➤ You develop a light sweat after about 10 minutes of activity</li><li>➤ You can carry on a conversation, but you can't sing</li></ul>
Vigorous physical activity	15 minutes = 4,000 steps	<b>Vigorous activity feels challenging</b> <ul style="list-style-type: none"><li>➤ Your breathing is deep and rapid</li><li>➤ You develop a sweat after a few minutes of activity</li><li>➤ You can't say more than a few words without pausing for breath</li></ul>

