

# Steps to Mileage



## How Many Steps do I Take?

Steps per day	
< 5,000	Sedentary lifestyle
5,000 – 7,499	Low activity level
7,500 – 9,999	Somewhat active
> 10,000	Active
> 12,000	Highly active

## Step Conversion Chart

Steps	Miles	Kilometres
500	0.25	0.4
1,000	0.50	0.8
2,000	1.0	1.6
3,000	1.5	2.4
4,000	2.0	3.2
5,000	2.5	4.0
6,000	3.0	4.8
7,000	3.5	5.6
8,000	4.0	6.4
9,000	4.5	7.2
10,000	5.0	8.0

10,000 steps:

- equivalent to about 8 kilometers
- burns 300 to 400 calories each day
- is achievable

Using walking time:

- 20 minutes is equal to about 3,000 steps
- 30 minutes is equal to about 3,000 – 6,000 steps
- 50 minutes is equal to about 6,000 – 8,000 steps
- one hour is equal to about 8,000 – 10,000 steps

References:

Help Us Meet our Bismarck-Mandan Goal of 2004 Committed Walkers by 8/29/04!

Retrieved March 10, 2006 from [www.st.alexius.org/walking.pdf](http://www.st.alexius.org/walking.pdf)

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