



WALKING TOWARDS WELLNESS



Conversion Information

The following information will give you an idea on how you are doing and how to gauge your progress in the number of minutes, steps and miles you are covering each day. ***The Walking Towards Wellness program is tracking minutes only.*** Steps and miles are provided for your information.

Generally speaking you can count on 12-15 minutes or 2,000 steps will equal one mile. But, depending upon your length of stride it might take 2,500 steps to equal 1 mile.

- 10,000 steps should be considered 5 miles.
- 200 steps is about one city block.
- 9 holes of golf (without use of cart) equals about 8,000 steps.

Minutes	Steps	Miles
12-15	2,000	1
24-30	4,000	2
36-45	6,000	3
48-60	8,000	4
60-75	10,000	5

****These are estimated figures only!***

Remember that steps could vary; they are dependent upon the length of your stride.

If you can walk a mile in about 15 minutes, you are covering about 4 miles an hour. If you walk:

- 60 minutes five days a week = 20 miles or 40,000 steps a week.
- 30 minutes five days a week = 10 miles or 20,000 steps a week.
- 15 minutes five days a week = 5 miles or 10,000 steps a week.