



Calculate your daily movement total.

Did you know your everyday activities can count toward your movement goals? Try converting your movement into steps.

Here's the formula to get started:

$$\text{Steps per minute} \times \text{Number of minutes} = \text{Total steps}$$

Ways you can step it up daily.

Take advantage of everyday activities that include movement to really increase your steps.¹



Light housework:
76 steps per minute



Heavy gardening:
152 steps per minute



Mowing the lawn:
167 steps per minute



Dancing:
137 steps per minute



Yoga:
76 steps per minute



Shoveling snow:
182 steps per minute

No amount of movement is too small. Remember: It all adds up. Every bit you can add to your daily life helps.

References: 1. "Do Get in Step with Your Health: Make Your Activity Count," Blue Cross Blue Shield of MN, November 2019, accessed December 21, 2022, https://www.bluecrossmn.com/sites/default/files/DAM/2020-06/P11GA_17120758-Fitness-Incentive-Step-Conversion-ChartM02105R02.pdf.