



## **MILEAGE EQUIVALENTS**

- A measured mile at a track, park, walking trail, etc.
- 2,000 steps measured on pedometer
- 20 minutes of any continuous exercise equals one mile
- 1 mile walking is equal to 4 miles biking according to Cycling World. So if you have members who want to bicycle, you need to use the 1 to 4 conversion. They must ride 4 miles to count 1 mile on their mileage sheets.

Walkers may wear their pedometer all day and report their total miles for the day by dividing their steps by 2,000.

Although competition with others is an excellent motivator, we encourage people to participate in Walk Across Texas! to enjoy the many benefits of exercise. The primary goal of Walk Across Texas! is to encourage people to participate in regular activity to increase overall health.