



EXERCISE EQUIVALENTS**

- A measured mile at a track, park, walking trail, mall, etc
- 2,000 steps measured on pedometer
- 20 minutes of any continuous exercise

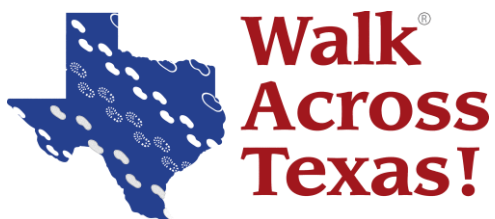
Miles calculated using Mileage Equivalents calculator <http://walkacrosstexas.tamu.edu>

2,000 steps measured with a pedometer = 1 mile.

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.

*** Each County Extension Office has the flexibility to determine which of the above mentioned exercise equivalents will be used for their WAT program. Please check in advance for your local criteria before logging miles.*



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