



Activity Conversion Guide

Step Up for NF is all about getting active in a way that works for you.

Participants can connect via Strava, which automatically tracks running, walking, cycling, and swimming.

If you don't use Strava, you can still log your activity manually using any fitness tracker, smartwatch, smartphone, or pedometer.

If you don't have any tracker, you can use this guide to convert your activity into kilometres based on time spent, so everyone can take part fairly. Another great option is to use this [free online activity conversion calculator](#)

All conversions are estimates, based on average pace and intensity. They are designed to make logging consistent and simple, not to match fitness trackers exactly.

Activity	Kilometres to log
Walking (brisk)	1 km per 10 minutes
Walking (stroll)	1km per 18 minutes
Running	1 km per 6 minutes
Hiking	1 km per 9 minutes
Cycling (moderate)	1 km per 7 minutes
Cycling (hard effort / hills)	1 km per 5 minutes
Spin Class	1 km per 4 minutes
Swimming (continuous laps)	1 km per 9 minutes
Rowing	1 km per 8 minutes
Gym workout or circuit training	1 km per 7 minutes
Weight training	1 km per 12 minutes
Cross fit training	1 km per 6 minutes
Yoga or Pilates	1 km per 15 minutes
Dance class	1 km per 8 minutes
Team sports (e.g. soccer, netball)	1 km per 7 minutes
Boxing or HIIT	1 km per 6 minutes
Physiotherapy or rehab exercises	1 km per 15 minutes
Gardening/House cleaning	1 km per 12 minutes
Mobility or stretching session	1 km per 20 minutes

Step Up for NF is about getting active and supporting the NF community — every step counts, however you move.