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## The Steps

**step | definition of step by merriam-webster** - noun. she took one step forward. the baby took her first steps today. i heard steps on the stairs. the edge of the cliff was only about three steps to my left. the cottage is just steps from the beach. he walks with a spring in his step. she walked down the hall with a quick step. a major step towards independence we are taking steps to correct the situation.. verb **activities to steps conversion chart - pehp** - activities to steps conversion chart to convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart. for example: 30 minutes gardening x 131 steps/minute = 3,930 steps. **steps to miles conversion chart** - step/activity conversions the following is a guideline for converting different activities into steps. please know that there are many conversion charts that may be found on the internet. steps to miles conversion chart **steps: a framework for surveillance - who** - steps offers an entry point for low and middle income countries to get started in ncd prevention and control activities. it is a simplified approach providing standardized materials and methods as part of technical collaboration with countries, especially those that lack resources. **service material from the general ... - alcoholics anonymous** - having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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