



**Activity Conversion Chart**  
**Time Spent Equivalent to Miles**

<b>Physical Activity</b>	<b>Time Spent to Equal 1 Mile</b>
Aerobics (low impact)	16 minutes
Aerobics (moderate)	13 minutes
Aerobics (high impact)	11 minutes
Basketball	20 minutes
Bowling, Frisbee, Frisbee Golf, Golf	20 minutes
Dancing (all types)	15 minutes
Elliptical	10 minutes
Fencing	15 minutes
Football	15 minutes
Jump Rope (slow)	11 minutes
Jump Rope (moderate/fast)	8 minutes
Kickboxing/Karate	7 minutes
Pilates (sit-ups/crunches/push-ups)	20 minutes
Resistance Training (Push mowing/raking/pruning)	27 minutes
Rock Climbing	27 minutes
Rollerblading/Ice Skating	10 minutes
Rowing/Kayaking	27 minutes
Rowing (moderate)	13 minutes
Skiing (cross-country)	10 minutes
Soccer	10 minutes
Swimming (leisure)	15 minutes
Swimming (treading water)	41 minutes
Swimming laps (vigor effort)	9 minutes
Tai Chi	2 hours 50 minutes
Tennis	10 minutes
Volleyball (game)	9 minutes
Volleyball (leisure)	23 minutes
Water Aerobics	20 minutes
Weightlifting	27 minutes
Yoga	40 minutes