

Activity Conversion Chart

Use this chart to convert your time spent into miles

*Please note these are suggestions, please use your best judgment if your activity is not listed below. A good rule of thumb is:

Low intensity activities (you can do this exercise and carry on a conversation)

20 mins = 1 mile

Medium intensity activities (You can have a short conversation)

12 - 15 minutes = 1 mile

High intensity - (It is difficult to talk)

8-10 minutes = 1 mile

Physical Activity	Time spent to equal 1 mile
Aeorobics (low)	16 minutes
Aerobics (moderate)	13 minutes
Aerobics (high impact)	11 minutes
Dancing (all types)	15 minutes
HIIT/Bootcamp/Circuit style workouts	10 minutes
Jump rope	10 minutes
Pilates/Barre Classes	20 minutes
Resistance Training / Weightlifting	20 minutes
Tennis / Racquetball / Handball	10 minutes
Water Aerobics	20 minutes
Yoga	40 minutes