

**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
Biking/Cycling	6 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/Paddle Boarding	27 minutes
Rowing (moderate)	13 minutes
Running	10 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
Walking	20 minutes
Water Aerobics	20 minutes
Weightlifting	27 minutes
Yoga	40 minutes

