

<b>Activity Conversion Chart</b>	
<b>Physical Activity</b>	<b>Time spent to equal 1 Mile</b>
Aerobics (low impact)	16 minutes
Aerobics (moderate impact)	13 minutes
Aerobics (high impact)	11 minutes
Basketball	20 minutes
Dancing	15 minutes
Elliptical	10 minutes
Fencing	15 minutes
Football	15 minutes
Hiking (20-42 lb. load)	9 minutes
Hiking, general	12 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, Light Gardening, Raking)	27 minutes
Rollerblading (Ice Skating)	10 minutes
Rowing (light)	27 minutes
Rowing (moderate)	13 minutes
Skating	20 minutes
Skiing (cross country)	10 minutes
Skiing, Snowboarding downhill	15 minutes
Soccer	10 minutes
Stationary Bicycling (light)	16 minutes
Stationary Bicycling (moderate)	11 minutes
Stationary Bicycling (vigorous)	8 minutes

Physical Activity	Time spent to equal 1 Mile
Swimming (leisure)	15 minutes
Swimming (moderate effort)	12 minutes
Swimming laps (vigorous effort)	9 minutes
Swimming (treading water)	41 minutes
Tennis/Handball/Racketball	10 minutes
Volleyball (game)	9 minutes
Volleyball (leisure)	23 minutes
Water Aerobics	20 minutes
Weightlifting (Heavy Gardening and landscaping/Rock Climbing)	27 minutes
Yoga	40 minutes
Bowling, Golfing, Frisbee Golf, Baseball, Softball	20 minutes

