

## Activity Conversion Chart

Physical Activity	Time Spent to Equal 1 Mile
Aerobics (High Impact)	11 Minutes
Aerobics (Low Impact)	16 Minutes
Aerobics (moderate)	13 Minutes
Baseball/Softball	20 Minutes
Basketball	11 Minutes
Bicycling (Leisurely)	20 Minutes
Bicycling (Vigorous)	8 Minutes
Bowling	20 Minutes
Dancing (All Types)	15 Minutes
Elliptical	10 Minutes
Fencing	15 Minutes
Football	15 Minutes
Gardening	15 Minutes
Golf (Walking)	20 Minutes
Hiking	12 Minutes
House Work	15 Minutes
Jump Rope (Fast)	8 Minutes
Jump Rope (Slow)	11 Minutes
Kickboxing/Karate	7 Minutes
Painting	27 Minutes
Pilates (Sit-ups, Crunches, Push-ups)	20 Minutes
Resistance Training	27 Minutes
Rollerblading	10 Minutes
Rowing (light)	27 Minutes
Rowing (moderate)	13 Minutes
Rowing/Kayaking	15 Minutes
Running (6-Minute Mile)	6 Minutes
Running (8-Minute Mile)	8 Minutes
Skating	15 Minutes
Skiing (Cross-Country)	10 Minutes
Skiing (Down-Hill)	15 Minutes
Soccer	10 Minutes
Stationary Bicycling (Moderate)	11 Minutes
Stationary Bike (Light)	16 Minutes
Stationary Bike (Vigorous)	8 Minutes
Swimming (Leisurely)	15 Minutes
Swimming (moderate effort)	12 Minutes
Swimming (Vigorously)	9 Minutes
Tai Chi	24 Minutes
Tennis/Handball/Racquetball/Pickleball	10 Minutes
Volleyball (game)	9 Minutes
Volleyball (leisure)	23 Minutes
Walking/ Jogging	20 Minutes
Water Aerobics	20 Minutes
Weightlifting	27 Minutes
Wheelchair Basketball	20 Minutes
Wheeling Self in Wheelchair	30 Minutes
Wii Fit®	15 Minutes
Yard/House Work	15 Minutes
Yoga	40 Minutes