



Activity Conversion Chart

ACTIVITY	TIME SPENT = TO 1 MILE	ACTIVITY	TIME SPENT = TO 1 MILE
Aerobics (low impact)	16 MIN	Rowing/Kayaking	27 MIN
Aerobics (moderate)	13 MIN	Rowing (moderate)	13 MIN
Aerobics (high impact)	11 MIN	Skiing (cross-country)	10 MIN
Basketball	20 MIN	Soccer	10 MIN
Bicycling (leisurely, 10 - 11.9 mph)	20 MIN	Put Together a Puzzle	45 MIN
Bicycling (moderate, 12 - 13.9 mph)	10 MIN	Stationary Bicycling (light)	16 MIN
Bicycling (vigorous, 14 - 15.9 mph)	8 MIN	Stationary Bicycling (moderate)	11 MIN
Bowling, Frisbee, Frisbee Golf, Golf	20 MIN	Stationary Bicycling (vigorous)	8 MIN
Dancing (all types)	15 MIN	Sudoku	30 MIN
Elliptical	10 MIN	Swimming (leisure)	15 MIN
Fencing	15 MIN	Swimming (treading water)	41 MIN
Football	15 MIN	Swimming laps (vigor effort)	9 MIN
Hiking – general	12 MIN	Tai Chi	2 HR 50 MIN
Jump Rope (slow)	11 MIN	Tennis	10 MIN
Jump Rope (moderate, fast)	8 MIN	Volleyball (game)	9 MIN
Kickboxing, Karate	7 MIN	Volleyball (leisure)	23 MIN
Meditation	10 MIN	Water Aerobics	20 MIN
Pilates (sit-ups, crunches, push-ups)	20 MIN	Weightlifting	27 MIN
Resistance Training (Push Mowing/Raking)	27 MIN	Yoga	40 MIN
Rock Climbing	27 MIN	Walking	20 MIN
Rollerblading/Ice Skating	10 MIN	Zumba	20 MIN