

CONVERSION CHART

Activity	Time to Equal 1 Mile	Activity	Time to Equal 1 Mile
Aerobics (low impact)	16 minutes	Running (8 min. mile)	8 minutes
Aerobics (moderate)	13 minutes	Running (9 min. mile)	9 minutes
Aerobics (high impact)	11 minutes	Skating	20 minutes
Basketball	11 minutes	Skiing (cross-country)	10 minutes
Bicycling (leisurely)	20 minutes	Skiing (down-hill)	15 minutes
Bicycling (moderate)	10 minutes	Soccer	10 minutes
Bicycling (vigorous)	8 minutes	Stationary Bicycling (light)	16 minutes
Bowling	20 minutes	Stationary Bicycling (moderate)	11 minutes
Dancing (all types)	15 minutes	Stationary Bicycling (vigorous)	8 minutes
Elliptical	10 minutes	Stretching	3 hr. 33 minutes
Fencing	15 minutes	Swimming (leisure)	15 minutes
Football	15 minutes	Swimming (moderate)	12 minutes
Gardening	15 minutes	Swimming (treading)	41 minutes
Golf (walking)	20 minutes	Swimming (vigorous)	9 minutes
Hiking (general)	12 minutes	Tai Chi	24 minutes
Hiking (20 - 42 lb. load)	9 minutes	Tennis	10 minutes
Jump rope (slow)	11 minutes	Treadmill	1 mile = 1 mile
Jump rope (mod./fast)	8 minutes	Volleyball (game)	9 minutes
Kickboxing/Karate	7 minutes	Volleyball (leisure)	23 minutes
Pilates	20 minutes	Walking/Jogging	20 minutes
Resistance Training	27 minutes	Water Aerobics	20 minutes
Rollerblading	10 minutes	Wii Fit	15 minutes
Rowing (kayaking)	27 minutes	Weightlifting	27 minutes
Rowing (moderate)	13 minutes	Yoga	40 minutes
Running (6 min. mile)	6 minutes	Yard Work	15 minutes
Running (7 min. mile)	7 minutes	Wii Fit©	15 minutes