## MILEAGE CONVERSION CHART

Mileage Equivalents for Exercise Activities

| Activity | Time to Equal <br> $\mathbf{1}$ Mile |
| :--- | :---: |
| Aerobics (low impact) | 16 minutes |
| Aerobics (moderate) | 13 minutes |
| Aerobics (high impact) | 11 minutes |
| Basketball | 11 minutes |
| Bicycling (leisure) | 20 minutes |
| Bicycling (moderate) | 10 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 (general) | 12 minutes |
| Hiking (20-42 lb. load) | 9 minutes |
| Jump Rope (slow) | 11 minutes |
| Jump Rope (mod.) | 8 minutes |
| Kickboxing/Karate | 7 minutes |
| Pilates | 20 minutes |
| Resistance Training | 27 minutes |
| Rollerblading | 10 minutes |
| Rowing/Kayaking | 27 minutes |
| Rowing (moderate) | 13 minutes |


| Activity | Time to Equal <br> $\mathbf{1}$ Mile |
| :--- | :---: |
| Skating | 20 minutes |
| Skiing (cross-country) | 10 minutes |
| Skiing (down hill) | 15 minutes |
| Soccer | 10 minutes |
| Stationary Bike (light) | 16 minutes |
| Stationary Bike (mod.) | 11 minutes |
| Stationary Bike (vig.) | 8 minutes |
| Stretching | 3 hr. 33 minutes |
| Swimming (leisure) | 15 minutes |
| Swimming (moderate) | 12 minutes |
| Swimming (treading) | 41 minutes |
| Swimming (vigorous) | 9 minutes |
| Tai Chi | 24 minutes |
| Tennis | 10 minutes |
| Treadmill | 1 mile $=1$ mile |
| Volleyball (match) | 9 minutes |
| Volleyball (leisure) | 23 minutes |
| Walking/Jogging (leisure) | 20 minutes |
| Walking/Jogging (moderate) | 10 minutes |
| Walking/Running (vigorous) | 8 minutes |
| Water Aerobics | 20 minutes |
| Wii Fit | 15 minutes |
| Yoga | 40 minutes |
| Yard Work | 15 minutes |

