



MILEAGE CONVERSION CHART

Mileage Equivalents for Exercise Activities

Activity	Time to Equal 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 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

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