

Exercise Conversion Chart for Walk Across Tennessee Participants

Below is a chart to change some other exercises to miles. Walk Across Tennessee is all about moving for fitness. Other types of exercise can be converted to miles. Below is a chart to change some other exercises to miles:

Aerobics	20 min = 1 mile
Backpacking	13 1/2 min = 1 mile
Badminton	20 min = 1 mile
Basketball (recreational)	15 min = 1 mile
Basketball (game)	12 min = 1 mile
Bicycling (easy pace)	15 min = 1 mile
Bicycling (moderate pace)	12 min = 1 mile
Bicycling (vigorous pace)	9 1/2 min = 1 mile
Circuit Training	12 min = 1 mile
Cleaning House (at a fast pace)	30 min = 1 mile
Dancing, line	15 min = 1 mile
Dancing, aerobic	15 min = 1 mile
Exercise class	17 1/4 min = 1 mile
Elipitical	1 mile = 1 mile
Gardening (digging)	12 min = 1 mile
Gardening (planting)	20 min = 1 mile
Gardening (raking)	30 min = 1 mile
Fishing (walking along bank)	20 min = 1 mile
Martial Arts	25 min = 3 miles
Mowing Lawn (using push mower)	13 1/2 min = 1 mile
Painting/papering	20 min = 1 mile
Pilates	30 min = 1 mile
Playing with children	24 min = 1 mile
Racquetball	13 1/2 min = 1 mile
Rowing	20 min = 1 mile
Running	1 mile = 1 mile
Shuffleboard	30 min = 1 mile
Softball	20 min = 1 mile
Spinning	15 min = 1 mile
Swimming (leisurely)	15 min = 1 mile
Swimming (vigorous)	9 1/2 min = 1 mile
Tai Chi	24 min = 1 mile
Tennis (singles)	12 min = 1 mile
Tennis (doubles)	15 min = 1 mile
Walking	1 mile = 1 mile
Washing car (by hand)	24 min = 1 mile
Water Aerobics	24 min = 1 mile
Weight Lifting (light/moderate)	30 min = 1 mile
Weight Lifting (vigorous effort)	15 min = 1 mile
Yard Work	17 1/4 min = 1 mile
Yoga	24 min = 1 mile

This chart has been adapted from materials developed by the Texas Cooperative Extension and SilverSneakers.

Please note that the distances in the far right column are estimates. They are based on the average caloric burn for a person who weighs 150 pounds. Your distance in miles may be lesser or greater depending on your weight and the intensity of your exercise. Check out our article in the Walk Across Tennessee News on how to monitor intensity from American Council of Exercise.

1. **Pedometers can no longer be used to count mileage while at work. If you don't know the distance of an area, for most people, walking at a brisk pace for 20 minutes = 1 mile.**
2. **To count any exercise you do for the competition, the exercise must be intentional and consistent for at least 15—20 minutes. For example, if you start out walking for 7 minutes and then stop to drive to the store, then later do some light housework for 10 minutes, this should not count. While it is helpful to get any amount of exercise, we are trying to make this competition as fair to everyone as possible.**
2. **Only registered team members can participate. Team members cannot be "switched out" throughout the contest without the approval of UT Extension office. Teams that break this rule will be disqualified.**
4. **Above all, be as honest as possible. Try to not "fudge" your mileage. We want this to be a fair competition.**