

# Walk Across TN

## CONVERSION CHART

To use miles for *Walk Across TN*, the activity should be for the sake of fitness.

Activity	Time to Equal 1 Mile	Activity	Time to Equal 1 Mile
Aerobics (moderate)	13 minutes	Running (9 min. mile)	9 minutes
Basketball	11 minutes	Resistance Training	27 minutes
Bicycling (leisurely)	20 minutes	Rowing (kayaking)	27 minutes
Bicycling (moderate)	10 minutes	Soccer	10 minutes
Bowling	20 minutes	Stationary Bicycling (moderate)	11 minutes
Dancing (all types)	15 minutes	Swimming (moderate)	12 minutes
Elliptical	10 minutes	Tai Chi	24 minutes
Football	15 minutes	Tennis	10 minutes
Gardening	15 minutes	Treadmill	1 mile = 1 mile
Golf (walking)	20 minutes	Walking/Jogging	20 minutes
Hiking (general)	12 minutes	Water Aerobics	20 minutes
Kickboxing/Karate	7 minutes	Weightlifting	27 minutes
Pilates	20 minutes	Yoga	40 minutes
		Yard Work	15 minutes

**Healthier Maury County**

