GO 100 FOR HEALTH

2013

Exercise Conversion Chart

Knowing that not all people will use walking as their chosen physical activity, you can use the following chart to convert other activities to "miles". If your activity isn't under the "sample activities", please refer to the link provided below the table or use your best judgment when converting your physical activity to miles.

Record only the time spent performing the activity (see samples at the bottom of the page). If you are using a pedometer, please do not "double dip", meaning if you played racquetball continually for 1 hour and recorded 6 miles, you shouldn't also record your pedometer reading during that time.

Activity Level	Description	Sample activities (CDC & ACSM Guidelines)	Energy conversion
Level 1	**Light Activity** (less than 3.5 kcals used per minute)	Gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting, or vacuuming	20 minutes of Activity = 1 mile
Level 2	**Moderate Activity** (3-7 kcal used per minute)	Softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis	20 minutes of Activity = 2 mile
Level 3	**Vigorous Activity** (7.5+ kcals used per minute)	Exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing	30 minutes of Activity = 3 miles
Running and walking		Report Actual Miles	
Biking		3:1 Ratio (Report 1 mile for every 3 biked)	

Quick recording examples:

1. My basketball game lasted 1 hour, but total minutes I played throughout the game was 25; I would record 3 miles for my activity.
2. I went downhill skiing for 6 hours, but my actually time skiing, at moderate pace, not including riding on the lifts, was 2 hours; I would record 12 miles for my activity.
3. I went walking for 30 minutes and went 2 miles; I would record 2 miles for my activity.

If you'd like more information or examples of activities and their intensity levels, visit this link: www.cdc.gov/nccdphp/dnpa/physical/measuring/

Source: http://www.shapeupmontana.org

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