

Walk Across Tennessee

Mileage Equivalents for Exercise Activities

Activity	Time to Equal 1 Mile	Activity	Time to Equal 1 Mile
Aerobics (low impact)	16 minutes	Rowing (moderate)	13 minutes
Aerobics (moderate)	13 minutes	Skating	20 minutes
Aerobics (high impact)	11 minutes	Skiing (cross-country)	10 minutes
Basketball	11 minutes	Skiing (down-hill)	15 minutes
Bicycling (leisurely)	20 minutes	Soccer	10 minutes
Bicycling (moderate)	10 minutes	Stationary Bicycling (light)	16 minutes
Bicycling (vigorous)	8 minutes	Stationary Bicycling (moderate)	11 minutes
Bowling	20 minutes	Stationary Bicycling (vigorous)	8 minutes
Dancing (all types)	15 minutes	Stretching	3 hr. 33 minutes
Elliptical	10 minutes	Swimming (leisure)	15 minutes
Fencing	15 minutes	Swimming (moderate)	12 minutes
Football	15 minutes	Swimming (treading)	41 minutes
Gardening	15 minutes	Swimming (vigorous)	9 minutes
Golf (walking)	20 minutes	Tai Chi	24 minutes
Hiking (general)	12 minutes	Tennis	10 minutes
Hiking (20 - 42 lb. load)	9 minutes	Treadmill	1 mile = 1 mile
Jump rope (slow)	11 minutes	Volleyball (game)	9 minutes
Jump rope (mod./fast)	8 minutes	Volleyball (leisure)	23 minutes
Kickboxing/Karate	7 minutes	Water Aerobics	20 minutes
Pilates	20 minutes	Wii Fit	15 minutes
Resistance Training	27 minutes	Weightlifting	27 minutes
Rollerblading	10 minutes	Yoga	40 minutes
Rowing (kayaking)	27 minutes	Yard Work	15 minutes

