

Activity Conversion Chart

Physical Activity	Time spent to equal 1 Mile or 2,000 Steps
Aerobics (low impact)	16 minutes
Aerobics (moderate)	13 minutes
Aerobics (high impact)	11 minutes
Basketball	20 minutes
Bicycling (leisurely, 10-11.9 mph)	20 minutes
Bicycling (moderate , 12-13.9 mph)	10 minutes
Bicycling (vigorous, 14-15.9 mph) Mountain Biking (hills)	8 minutes
Dancing (all types)	15 minutes
Elliptical	10 minutes
Fencing	15 minutes
Football	15 minutes
Hiking (20-42 lb. load)	9 minutes
Hiking, general	12 minutes
Jump rope (slow)	11 minutes
Jump rope (moderate/fast)	8 minutes
Kickboxing/Karate	7 minutes
Pilates (Sit-ups/Crunches/Push-ups)	20 minutes
Resistance Training (Push Mowing /Light Gardening/Raking/	27 minutes
Rollerblading (Ice Skating)	10 minutes
Rowing (Kayaking /Painting) - (light)	27 minutes
Rowing (moderate)	13 minutes
Running a 6-minute mile	6 minutes
Running a 7-minute mile (Trail-running hills)	7 minutes
Running a 8-minute mile	8 minutes
Running a 9-minute mile	9 minutes
Skating	20 minutes
Skiing (cross-country)	10 minutes
Skiing (Snowboarding) -(downhill)	15 minutes
Soccer	10 minutes
Stationary Bicycling (light)	16 minutes
Stationary Bicycling (moderate)	11 minutes
Stationary Bicycling (vigorous)	8 minutes
Stretching - 6 steps per min.	3 hours 33 minutes
Swimming (leisure)	15 minutes
Swimming (moderate effort)	12 minutes
Swimming (treading water)	41 minutes
Swimming laps (vigor. effort)	9 minutes
Tai Chi - 8 steps per min.	2 hours 50 minutes
Tennis (Handball/Racketball)	10 minutes
Volleyball (game)	9 minutes (Record actual time performed (ATP))
Volleyball (leisure)	23 minutes (Record ATP)
Walking (Jogging)	20 minutes
Water Aerobics	20 minutes
Weightlifting (Heavy Gardening and landscaping/Rock Climbi	27 minutes
Yoga	40 minutes
Bowling, Golfing/Frisbee Golfing/ Baseball/Softball	20 minutes(Only record actual time spent performing activity)