



ACTIVITY CONVERSION CHART

Convert time spent exercising into miles and km

Use the chart to find out how many miles/km you cover doing different exercises or day to day activities.



Physical Activity	Miles/ min	Miles/ 10 min	km/ min	km/ 10 min
Aerobics, low intensity	0.06	0.64	0.10	1.02
Aerobics, high intensity	0.09	0.91	0.15	1.46
Aerobics, step	0.08	0.77	0.12	1.23
Badminton	0.07	0.66	0.11	1.05
Ballet dancing	0.06	0.60	0.10	0.97
Baseball	0.07	0.65	0.10	1.05
Basketball	0.07	0.65	0.10	1.05
Bicycling, easy (8.7mi/h or 14km/h)	0.07	0.65	0.10	1.05
Bicycling, moderate (15mi/h - 24km/h)	0.09	0.85	0.14	1.37
Bicycling, vigorous (20mi/h - 32km/h)	0.10	1.00	0.16	1.61
Bowling	0.04	0.36	0.06	0.57
Boxing	0.11	1.11	0.18	1.79
Calisthenics	0.05	0.53	0.09	0.85
Canoeing	0.05	0.46	0.07	0.73
Cheerleading	0.05	0.50	0.08	0.80
Circuit training (squats, lunges, pushups, burpees, situps etc)	0.10	1.00	0.16	1.60
Climbing, indoor/outdoor	0.14	1.35	0.22	2.17
Croquet	0.04	0.38	0.06	0.61
CrossFit	0.13	1.25	0.20	2.01
Dancing	0.05	0.55	0.09	0.88
Elliptical trainer	0.10	1.02	0.16	1.63
Fencing	0.09	0.91	0.15	1.46
Fishing	0.05	0.46	0.07	0.73
Football/soccer	0.10	1.00	0.16	1.60
Gardening / yard work	0.04	0.40	0.06	0.64
Golf (carrying clubs)	0.05	0.55	0.09	0.88
Grocery shopping	0.03	0.34	0.05	0.54
Gymnastics	0.06	0.61	0.10	0.97
Handball	0.17	1.74	0.28	2.80
HIIT	0.13	1.25	0.20	2.01
Hiking / orienteering	0.12	1.16	0.19	1.87
Hockey, field and ice	0.12	1.20	0.19	1.93
Horseback riding	0.05	0.45	0.07	0.72
Housework	0.04	0.36	0.06	0.58
Ice skating	0.04	0.42	0.07	0.68
In-line skating/Rollerblading	0.10	0.95	0.15	1.53
Jumping rope (skipping), fast	0.15	1.50	0.24	2.41
Jumping rope (skipping), moderate	0.13	1.25	0.20	2.01
Kayaking	0.08	0.76	0.12	1.22
Kickboxing / MMA	0.15	1.45	0.23	2.33
Lacrosse	0.12	1.21	0.19	1.95
Martial Arts	0.12	1.18	0.19	1.90
Mowing lawn	0.06	0.60	0.10	0.97
Pilates	0.05	0.46	0.07	0.73
Punching bag	0.09	0.90	0.14	1.45
Raking lawn/leaves	0.06	0.61	0.10	0.97
Racquetball	0.09	0.91	0.15	1.46
Rowing	0.07	0.74	0.12	1.18
Rowing machine	0.11	1.06	0.17	1.71
Rugby	0.15	1.52	0.24	2.44
Running, 12min/mi = 7min/km	0.09	0.89	0.14	1.43
Running, 10min/mi = 5.35min/km	0.11	1.11	0.18	1.79
Running, 8min/mi = 4.28min/km	0.14	1.39	0.22	2.24
Sailing, boat and board	0.05	0.46	0.07	0.73
Shoveling snow	0.07	0.73	0.12	1.17
Skateboarding	0.05	0.51	0.08	0.82
Skiing, light/moderate	0.05	0.55	0.09	0.88
Skiing, cross-country	0.06	0.57	0.09	0.92
Sledding	0.08	0.79	0.13	1.27
Snowboarding/snowshoeing	0.09	0.91	0.15	1.46
Snowmobiling	0.05	0.53	0.09	0.85
Softball	0.08	0.76	0.12	1.22
Spinning	0.10	1.00	0.16	1.61
Squash	0.17	1.74	0.28	2.80
Stair climbing, machine	0.10	1.00	0.16	1.61
Stair climbing, down stairs	0.04	0.36	0.06	0.57
Stair climbing, up stairs	0.09	0.91	0.15	1.46
Surfing	0.05	0.46	0.07	0.73
Swimming, butterfly	0.14	1.36	0.22	2.19
Swimming, freestyle/breaststroke	0.09	0.91	0.15	1.46
Swimming, treading/leisure	0.06	0.58	0.09	0.93
Table tennis	0.06	0.60	0.10	0.97
Tae Bo	0.13	1.25	0.20	2.01
Tai Chi	0.02	0.20	0.03	0.32
Tennis	0.10	1.00	0.16	1.61
Trampoline	0.05	0.45	0.07	0.72
Volleyball	0.05	0.46	0.07	0.73
Walking, stroll	0.03	0.31	0.05	0.49
Walking, average	0.04	0.42	0.07	0.68
Walking, power	0.08	0.78	0.13	1.26
Washing a car	0.04	0.36	0.06	0.57
Water aerobics	0.06	0.58	0.09	0.93
Water polo	0.15	1.52	0.24	2.44
Water skiing	0.07	0.73	0.12	1.17
Weight lifting, light	0.03	0.34	0.05	0.54
Weight lifting, heavy	0.09	0.87	0.14	1.40
Wrestling	0.07	0.73	0.12	1.17
Yoga	0.02	0.23	0.04	0.36

“ Put your miles/km to use by setting up a mission
@ www.myvirtualmission.com ”

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services. Blogs.rrc.ca, Purdue University