

Mileage Conversion

| Activity | Unit | Recreation Mileage |
|---|----------------------|--------------------|
| Aerobic/Fitness Class | 30 Minutes | 2 |
| Badminton | 15 Minutes | 1 |
| Baseball | 60 Minutes | 1 |
| Basketball | 60 Minutes | 3 |
| Bike - casual | 15 Minutes | 1 |
| Bike - intense | 10 Minutes | 1 |
| Bike – very intense | 5 Minutes | 1 |
| Bowling | 30 Minutes | 1 |
| Boxing, Sparring | 30 Minutes | 3 |
| Cross Country Skiing/Nordic Track | 60 Minutes | 4 |
| Curves Workout | 30 Minutes | 2 |
| Cut/Stack Fire Wood | 15 Minutes | 1 |
| Dancing | 30 Minutes | 2 |
| Gardening/Yard Work | 30 Minutes | 1 |
| Football (not fantasy football!) | 60 Minutes | 2 |
| Golf (w/o cart) | 9 holes | 2 |
| Jog/Run/Walk/Hike/Elliptical | 1 mile or 2500 steps | 1 |
| Jump Rope | 10 Minutes | 1 |
| Kayak/Canoe/Rowing | 15 Minutes | 1 |
| Mowing with push mower | 15 Minutes | 1 |
| Pilates, Tai Chi, Yoga | 30 Minutes | 1 |
| Racquetball/Squash | 60 Minutes | 3 |
| Raking Leaves | 30 Minutes | 1 |
| Rollerblading | 15 Minutes | 1 |
| Soccer | 60 Minutes | 3 |
| Spinning | 30 Minutes | 3 |
| Step Machine | 15 Minutes | 1 |
| Swimming | 15 Minutes | 1 |
| Swimming – intense/fast pace | 10 Minutes | 1 |
| Swimming – very intense/race | 5 Minutes | 1 |
| Tennis | 60 Minutes | 2 |
| Volleyball | 60 Minutes | 1 |
| Weightlifting/Resistance Bands | 30 Minutes | 1 |
| *Yoga, vigorous | 30 Minutes | 2 |
| Wii Fit-aerobic (use yoga conversion above) | 30 Minutes | 2 |

Tracking steps with a pedometer? 2500 steps = 1 Mile!