

Mileage Equivalents for Activity Minutes

Category	Activity	Time to Equal 1 Mile
Bicycling	Bicycling	13 minutes
Conditioning Exercise	Active Video Game (moderate)	19 minutes
Conditioning Exercise	Active Video Game (vigorous)	13 minutes
Conditioning Exercise	Circuit Training (moderate)	17 minutes
Conditioning Exercise	Circuit Training (vigorous)	12 minutes
Conditioning Exercise	Elliptical	15 minutes
Conditioning Exercise	Health Club Exercise	15 minutes
Conditioning Exercise	Pilates	24 minutes
Conditioning Exercise	Resistance / Weight Training	20 minutes
Conditioning Exercise	Rowing (moderate)	16 minutes
Conditioning Exercise	Rowing (vigorous)	14 minutes
Dancing	Dancing	12 minutes
Lawn and Garden	Gardening	19 minutes
Lawn and Garden	Yard Work (moderate)	18 minutes
Lawn and Garden	Yard Work (vigorous)	14 minutes
Running	Jogging	13 minutes
Running	Running	12 minutes
Sports	Badminton	15 minutes
Sports	Baseball/Softball	15 minutes
Sports	Basketball	13 minutes
Sports	Bowling	24 minutes

Category	Activity	Time to Equal 1 Mile
Sports	Cricket	16 minutes
Sports	Fencing	14 minutes
Sports	Football	12 minutes
Sports	Golf	16 minutes
Sports	Hockey	12 minutes
Sports	Horse Racing (galloping)	13 minutes
Sports	Horse Racing (trotting)	14 minutes
Sports	Horse Racing (walking)	19 minutes
Sports	Kickball	13 minutes
Sports	Martial Arts	12 minutes
Sports	Paddleball	14 minutes
Sports	Playing Children's Games	14 minutes
Sports	Racquetball	13 minutes
Sports	Rock Climbing	12 minutes
Sports	Roller/Ice Skating	13 minutes
Sports	Rope Jumping	12 minutes
Sports	Skiing	13 minutes
Sports	Soccer	13 minutes
Sports	Tai Chi	24 minutes
Sports	Tennis	13 minutes
Sports	Volleyball	18 minutes
Water Activities	Kayaking	15 minutes
Water Activities	Swimming (moderate)	20 minutes
Water Activities	Swimming (vigorous)	12 minutes
Water Activities	Water Aerobics	15 minutes

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