

Miles for Wellness

Exercise Conversion Table

<u>Activity Level</u>	<u>Description</u>	<u>Sample Activities</u>	<u>Energy Conversion</u>
<u>LEVEL 1</u>	<u>LIGHT ACTIVITY</u> (less than 3.5 kcals used per minute)	Gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting or vacuuming	20 min. of Activity = 1 mile
<u>LEVEL 2</u>	<u>MODERATE ACTIVITY</u> (3-7 kcal used per minute)	Softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational swimming, recreational, competitive table tennis	20 min. of Activity = 2 miles
<u>LEVEL 3</u>	<u>VIGOROUS ACTIVITY</u> (7.5+ kcals used per minute)	Exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit training) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing	25 min. of Activity = 3 miles

Additional conversion guidelines and examples:

1. When running or walking, report actual steps or converted miles. (1 mile = 2000 steps)
2. When biking, report 1 mile or 2000 steps for every 3 miles biked. (3:1 ratio)
3. When playing 25 minutes of a one hour basketball game, report 3 miles or 6000 steps for time played.
4. For any other physical activity not listed above in which a pedometer will not work accurately, one could determine the number of steps that would normally be made in a set amount of time. When you have performed that activity for that set amount of time, you would record X number of steps.