



Great Swamp Watershed Association

The Passaic River WATERKEEPER® ALLIANCE Affiliate

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Activity Conversion Chart

TIME SPENT EQUIVALENT TO MILES OR TO STEPS

Please reference this chart for activities italicized in parentheses; they might not be listed on-line when logging your time spent. No other activities will be added, so put forth your best effort to fairly fit another activity into its proper category.

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

Running a 6-minute mile	6 minutes	Yoga	40 minutes
Running a 7-minute mile (Trail-running hills)	7 minutes	Bowling, Golfing/Frisbee Golfing/ Baseball/Softball	20 minutes (Only record actual time spent performing activity)

STEPS TO MINUTES TO MILES CONVERSION CHART					
STEPS	MINUTES	MILES	STEPS	MINUTES	MILES
500	5	.25	5,500	55	2.75
1,000	10	.50	6,000	60	3.00
1,500	15	.75	6,500	65	3.25
2,000	20	1.00	7,000	70	3.50
2,500	25	1.25	7,500	75	3.75
3,000	30	1.50	8,000	80	4.00
3,500	35	1.75	8,500	85	4.25
4,000	40	2.00	9,000	90	4.50
4,500	45	2.25	9,500	95	4.75
5,000	50	2.50	10,000	100	5.00