

MINUTES TO MILES CONVERSION CHART: TIME TO EQUAL 1 MILE

Aerobics (low impact)	16 minutes	Rowing (moderate)	13 minutes
Aerobics (moderate)	13 minutes	Running	1 mile = 1 mile
Aerobics (high impact)	11 minutes	Skating	20 minutes
Baseball/softball	45 minutes	Skiing (cross-country)	10 minutes
Basketball	11 minutes	Skiing (down-hill)	15 minutes
Bicycling (leisurely)	20 minutes	Soccer	10 minutes
Bicycling (moderate)	10 minutes	Stationary bike (light)	16 minutes
Bicycling (vigorous)	8 minutes	Stationary bike (moderate)	11 minutes
Bowling	20 minutes	Stationary bike (vigorous)	8 minutes
Cheering	15 minutes	Swimming (leisure)	15 minutes
Dancing (all types)	15 minutes	Swimming (moderate)	12 minutes
Elliptical	10 minutes	Swimming (treading)	41 minutes
Fencing	15 minutes	Swimming (vigorous)	9 minutes
Football	15 minutes	Tai Chi	24 minutes
Gardening	15 minutes	Tennis	10 minutes
Golf (walking)	20 minutes	Trampoline jumping	15 minutes
Gymnastics	30 minutes	Treadmill	1 mile = 1 mile
Hiking	12 minutes	Volleyball (game)	9 minutes
Hiking (with 20-42lb load)	9 minutes	Volleyball (leisure)	23 minutes
Jump rope (slow)	11 minutes	Walking/jogging	1 mile = 1 mile
Jump rope (moderate/fast)	8 minutes	Water aerobics	20 minutes
Kayaking	27 minutes	Wheeling self in wheelchair	30 minutes
Kickboxing/karate	7 minutes	Wheelchair basketball	20 minutes
Pilates	20 minutes	Wii Fit	15 minutes
Punching bag	11 minutes	Weightlifting	27 minutes
Resistance training	27 minutes	Yard Work	15 minutes
Rollerblading	10 minutes	Yoga	40 minutes

Don't see your activity here? If the activity you're doing causes your heart rate to be up consistently, use 10-15 minutes based on how fast your heart is beating. If the activity you're doing causes your heart rate to go up and back down throughout, use 20-30 minutes.