

Exercise Conversion Chart for Walk Across Tennessee Participants

Below is a chart to change some other exercises to miles. Walk Across Tennessee is all about moving for fitness. Other types of exercise can be converted to miles. Below is a chart to change some other exercises to miles:

Aerobics	20 min = 1 mile
Backpacking	13 1/2 min = 1 mile
Badminton	20 min = 1 mile
Basketball (recreational)	15 min = 1 mile
Basketball (game)	12 min = 1 mile
Bicycling (easy pace)	15 min = 1 mile
Bicycling (moderate pace)	12 min = 1 mile
Bicycling (vigorous pace)	9 1/2 min = 1 mile
Bowling	30 min = 1 mile
Circuit Training	12 min = 1 mile
Cleaning House (at a fast pace)	30 min = 1 mile
Dancing, line	15 min = 1 mile
Dancing, aerobic	15 min = 1 mile
Exercise class	17 1/4 min = 1 mile
Elipitical	1 mile = 1 mile
Gardening (digging)	12 min = 1 mile
Gardening (planting)	20 min = 1 mile
Gardening (raking)	30 min = 1 mile
Fishing (walking along bank)	20 min = 1 mile
Martial Arts	25 min = 3 miles
Mowing Lawn (using push mower)	13 1/2 min = 1 mile
Painting/papering	20 min = 1 mile
Pilates	30 min = 1 mile
Playing with children	24 min = 1 mile
Racquetball	13 1/2 min = 1 mile
Rowing	20 min = 1 mile
Running	1 mile = 1 mile
Shuffleboard	30 min = 1 mile
Softball	20 min = 1 mile
Spinning	15 min = 1 mile
Swimming (leisurely)	15 min = 1 mile
Swimming (vigorous)	9 1/2 min = 1 mile
Tai Chi	24 min = 1 mile
Tennis (singles)	12 min = 1 mile
Tennis (doubles)	15 min = 1 mile
Walking	1 mile = 1 mile
Washing car (by hand)	24 min = 1 mile
Water Aerobics	24 min = 1 mile
Weight Lifting (light/moderate)	30 min = 1 mile
Weight Lifting (vigorous effort)	15 min = 1 mile
Yard Work	17 1/4 min = 1 mile
Yoga	24 min = 1 mile