



MY VIRTUAL MISSION

# ACTIVITY CONVERSION CHART

Convert time spent exercising into miles and km

Use the chart to find out how many miles/km you cover doing different exercises or day to day activities.



## STEPS TO MILES CONVERSION

10,000 steps = 5 miles

One step equals = 0.0005 miles

km per mile = 1.60934

NB: This conversion chart is a guideline only. You may adjust your activity conversion up or down to reflect your own intensity output.

Physical Activity	Miles/min	Miles/10 min	km/min	km/10min
Aerobics, low intensity	0.06	0.64	0.10	1.02
Aerobics, high intensity	0.09	0.91	0.15	1.46
Aerobics, step	0.08	0.77	0.12	1.23
Badminton	0.07	0.66	0.11	1.05
Ballet dancing	0.06	0.60	0.10	0.97
Baseball	0.07	0.65	0.10	1.05
Basketball	0.07	0.65	0.10	1.05
Bicycling, easy (8.7mi/h or 14km/h)	0.14	1.40	0.23	2.25
Bicycling, moderate (15mi/h - 24km/h)	0.25	2.50	0.40	4.02
Bicycling, vigorous (20mi/h - 32km/h)	0.33	3.30	0.53	5.31
Bowling	0.04	0.36	0.06	0.57
Boxing	0.11	1.11	0.18	1.79
Calisthenics	0.05	0.53	0.09	0.85
Canoeing	0.05	0.46	0.07	0.73
Cheerleading	0.05	0.50	0.08	0.80
Circuit training (squats, lunges, pushups, burpees, situps etc)	0.10	1.00	0.16	1.60
Climbing, indoor/outdoor	0.14	1.35	0.22	2.17
Croquet	0.04	0.38	0.06	0.61
CrossFit	0.13	1.25	0.20	2.01
Dancing	0.05	0.55	0.09	0.88
Elliptical trainer	0.10	1.02	0.16	1.63
Fencing	0.09	0.91	0.15	1.46
Fishing	0.05	0.46	0.07	0.73
Football/soccer	0.10	1.00	0.16	1.60
Gardening / yard work	0.04	0.40	0.06	0.64
Golf (carrying clubs)	0.05	0.55	0.09	0.88
Grocery shopping	0.03	0.34	0.05	0.54
Gymnastics	0.06	0.61	0.10	0.97
Handball	0.17	1.74	0.28	2.80
HIIT	0.13	1.25	0.20	2.01
Hiking / orienteering	0.12	1.16	0.19	1.87
Hockey, field and ice	0.12	1.20	0.19	1.93
Horseback riding	0.05	0.45	0.07	0.72
Housework	0.04	0.36	0.06	0.58
Ice skating	0.04	0.42	0.07	0.68
In-line skating/Rollerblading	0.10	0.95	0.15	1.53
Jumping rope (skipping), fast	0.15	1.50	0.24	2.41
Jumping rope (skipping), moderate	0.13	1.25	0.20	2.01
Kayaking	0.08	0.76	0.12	1.22
Kickboxing / MMA	0.15	1.45	0.23	2.33
Lacrosse	0.12	1.21	0.19	1.95
Martial Arts	0.12	1.18	0.19	1.90
Mowing lawn	0.06	0.60	0.10	0.97
Pilates	0.05	0.46	0.07	0.73
Punching bag	0.09	0.90	0.14	1.45
Raking lawn/leaves	0.06	0.61	0.10	0.97
Racquetball	0.09	0.91	0.15	1.46
Rowing	0.07	0.74	0.12	1.18
Rowing machine	0.11	1.06	0.17	1.71
Rugby	0.15	1.52	0.24	2.44
Running, 12min/mi = 7min/km	0.09	0.89	0.14	1.43
Running, 10min/mi = 5.35min/km	0.11	1.11	0.18	1.79
Running, 8min/mi = 4.28min/km	0.14	1.39	0.22	2.24
Sailing, boat and board	0.05	0.46	0.07	0.73
Shoveling snow	0.07	0.73	0.12	1.17
Skateboarding	0.05	0.51	0.08	0.82
Skiing, light/moderate	0.05	0.55	0.09	0.88
Skiing, cross-country	0.06	0.57	0.09	0.92
Sledding	0.08	0.79	0.13	1.27
Snowboarding/snowshoeing	0.09	0.91	0.15	1.46
Snowmobiling	0.05	0.53	0.09	0.85
Softball	0.08	0.76	0.12	1.22
Spinning	0.10	1.00	0.16	1.61
Squash	0.17	1.74	0.28	2.80
Stair climbing, machine	0.10	1.00	0.16	1.61
Stair climbing, down stairs	0.04	0.36	0.06	0.57
Stair climbing, up stairs	0.09	0.91	0.15	1.46
Surfing	0.05	0.46	0.07	0.73
Swimming, butterfly	0.14	1.36	0.22	2.19
Swimming, freestyle/breaststroke	0.09	0.91	0.15	1.46
Swimming, treading/leisure	0.06	0.58	0.09	0.93
Table tennis	0.06	0.60	0.10	0.97
Tae Bo	0.13	1.25	0.20	2.01
Tai Chi	0.02	0.20	0.03	0.32
Tennis	0.10	1.00	0.16	1.61
Trampoline	0.05	0.45	0.07	0.72
Volleyball	0.05	0.46	0.07	0.73
Walking, stroll	0.03	0.31	0.05	0.49
Walking, average	0.04	0.42	0.07	0.68
Walking, power	0.08	0.78	0.13	1.26
Washing a car	0.04	0.36	0.06	0.57
Water aerobics	0.06	0.58	0.09	0.93
Water polo	0.15	1.52	0.24	2.44
Water skiing	0.07	0.73	0.12	1.17
Weight lifting, light	0.03	0.34	0.05	0.54
Weight lifting, heavy	0.09	0.87	0.14	1.40
Wrestling	0.07	0.73	0.12	1.17
Yoga	0.02	0.23	0.04	0.36

Put your miles/km to use by setting up a mission

@ [www.myvirtualmission.com](http://www.myvirtualmission.com)

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services. Blogs.rrc.ca, Purdue University

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