

## NUMBER OF MINUTES OF ACTIVITY EQUAL TO ONE WELLNESS MILE

<b>Activity Conversion Chart</b>	<b>Easy # min = 1 mile</b>	<b>Moderate # min = 1 mile</b>	<b>Vigorous # min = 1 mile</b>
Aerobic Exercise to Music	30 minutes	20 minutes	15 minutes
Baseball/ Softball	25 minutes	20 minutes	16 minutes
Basketball	20 minutes	12 minutes	10 minutes
Bicycling	18 minutes	14 minutes	10 minutes
Calisthenics	30 minutes	20 minutes	15 minutes
Canoeing/ Rowing	20 minutes	15 minutes	12 minutes
Circuit Training	18 minutes	15 minutes	12 minutes
Cycling, stationary	16 minutes	12 minutes	10 minutes
Dancing	20 minutes	15 minutes	12 minutes
Elliptical Trainer	18 minutes	15 minutes	12 minutes
Football	20 minutes	15 minutes	12 minutes
Gardening	60 minutes	40 minutes	30 minutes
Hiking, cross country & hills	20 minutes	15 minutes	12 minutes
Horseback Riding	25 minutes	20 minutes	16 minutes
Golfing, carrying bag or pull cart	50 minutes	35 minutes	20 minutes
Jogging/ Running	12 minutes	10 minutes	8 minutes
Jump Rope	11 minutes	8 minutes	6 minutes
Line Dancing	30 minutes	25 minutes	20 minutes
Racquetball, handball, squash	20 minutes	15 minutes	10 minutes
Mini Tramp	18 minutes	15 minutes	12 minutes
Pilates/ Yoga/ Tai Chi	30 minutes	22 minutes	18 minutes
Rollerblading	20 minutes	14 minutes	10 minutes
Soccer	15 minutes	12 minutes	10 minutes
Spinning Class	10 minutes	8 minutes	6 minutes
Stair or Bench Stepping	14 minutes	12 minutes	10 minutes
Swimming	20 minutes	12 minutes	8 minutes
Table Tennis	60 minutes	30 minutes	20 minutes
Tennis	22 minutes	16 minutes	11 minutes
Volleyball	20 minutes	15 minutes	12 minutes
Walking	24 minutes	20 minutes	15 minutes
Water Skiing	22 minutes	16 minutes	12 minutes
Water Aerobics	24 minutes	20 minutes	18 minutes
Weight Training	30 minutes	20 minutes	15 minutes

- **Quit smoking/ tobacco: record one mile every day you do not smoke/chew during the program. If you do NOT smoke record a one time 50 mile bonus.**
- **Stretching for 15 minutes equals 1 mile (1 mile max per day)**
- **For every day you drink six to eight glasses of water record 1 mile.**
- **For every day you eat 6-9 servings of fruits and vegetables record one mile.**
- **For every day you eat 25-35 grams of fiber record one mile**