

Exercise Equivalents

Activity	Actual Miles/ Minutes	Recorded Miles
Walking, stroll (2 mph)	30 minutes =	1 mile
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Walking, brisk (4 mph)	30 minutes =	2 miles
Running (5.5 mph)	1 mile =	1 mile
Cycling/Biking (13 mph)	7 miles =	1 mile
Spinning	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming (30 yards/min)	1 mile =	1 mile
Gardening, digging	30 minutes =	2.5 miles
Gardening, push mowing	30 minutes =	2.25 miles
Gardening, raking	30 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing, moderate to rapid	20 minutes =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Walking, stroll (2 mph) for 30 minutes = 1 mile "walked"

You walk at a walking stroll for 45 minutes and want to convert that activity to miles:

$$\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$$

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Cycling/Biking (13 mph) for 7 miles = 1 mile "walked"

You bike for 5 miles and want to convert that activity to miles:

$$\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$$