



2011 Get Fit NC County Challenge Activity Conversion Chart

Activity Level	Description	Sample Activities (CDC & ACSM guidelines)	Energy Conversion
Level 1	<u>Light Activity</u> (less than 3.5 kcals per minute)	golf (with cart), slow treading in pool, conditioning exercise, light stretching or warm-up	20 minutes of activity = 1 mile
Level 2	<u>Moderate Activity</u> (3-7 kcals used per minute)	golf (without cart), softball, weightlifting, racquetball, tennis (doubles), volleyball, skiing easy, handball, yoga, dancing, ice skating recreational, swimming recreational	20 minutes of activity = 2 miles
Level 3	<u>Vigorous Activity</u> (7.5 + kcals used per minute)	exercise classes: i.e. (spinning, step, kickboxing, circuit training) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, tennis (singles), swimming laps	20 minutes of activity = 3 miles
Running & Walking		Report Actual Miles	
Biking		Biking 3:1 Ratio (Report 1 mile for every 3 biked)	

Quick recording examples:

1. My basketball game lasted 1 hour, but total minutes I played throughout the game was 25; I would record 3 miles for my activity.
2. I went downhill skiing for 6 hours, but my actual time skiing, at an moderate pace, not including riding on the lifts, was 2 hours; I would record 12 miles for my activity.
3. I went walking for 30 mins. and went 2 miles; I would record 2 miles for my activity.

For more examples of activities and their intensity levels, visit this link:
www.cdc.gov/nccdphp/dnpa/physical/measuring/