Activity Conversion Chart

PHYSICAL ACTIVITY	TIME SPENT TO EQUAL 1 MILE OR 2000 STEPS
Skiing (downhill)	15 minutes
Skiing (cross-country)	10 minutes
Bicycling-leisurely	20 minutes
Bicycling-light, 10-11.9 mph	13 minutes
Bicycling-moderate, 12-13.9 mph	10 minutes
Bicycling-vigorous, 14-15.9 mph	8 minutes
Bicycling-racing, 16-19 mph	6 minutes
Stationary bicycling-light	16 minutes
Stationary bicycling-moderate	11 minutes
Stationary bicycling-vigorous	8 minutes
Aerobics: low impact	16 minutes
Aerobics: high impact	11 minutes
Water aerobics	20 minutes
Swimming laps: vigorous	8 minutes
Swimming laps: light/moderate	10 minutes
Resistance training (weightlifting)	27 minutes
Skating	20 minutes
Dancing	15 minutes
Soccer	10 minutes
Basketball	20 minutes
Jumping rope	12 minutes
Football	15 minutes
Relay Races	20 minutes
Tennis	10 minutes
Golf (walking)	20 minutes