

Activity Conversions

If you are adding up miles to better health, include a variety of activities in addition to walking. Below is a conversion chart based on Dr. Gunnar Borg's perceived exertion (RPE) scales. The intensity of the activity is key to determining into which category it will fall.

Lifestyle/Light Physical Activity: 30 minutes = 1 mile

baseball, canoeing, croquet, yard work, fishing, golf (with cart), gymnastics, table tennis (ping-pong), volleyball (recreational), gardening, housework 3

Moderate Intensity Physical Activity: 15 minutes = 1 mile

aerobic dancing, badminton, bowling, bicycling (leisure), calisthenics, canoeing (for speed), football, golf (no cart), hiking, horseback riding (general), jogging, rollerblading, skating (recreational), downhill skiing, tennis, walking (normal pace)

Vigorous Intensity Physical Activity: 15 minutes = 2 miles

aerobic exercise, basketball, bicycling (racing), circuit weight training, hiking (40 lb pack), horseback riding (galloping, jumping), ice/field hockey, rope skipping, racquet/paddle/handball, cross-country running, cross-country skiing, shoveling snow, speed skating, snowshoeing, soccer, squash, volleyball (power), walking (race), wheelchair (1 mile = 3 miles walking), stationary bicycle, stair stepping, chopping wood