



Activity Conversion Chart: **Time for 1 mile**



1 mile = 2000 steps

*General guideline to consider your activity in choosing your **goal for the month!***

Link your fitness tech, or manually enter your activity for YOUR GOAL AT REGISTRATION (change at any time) of:

20 miles, 50 miles, 100 miles

FEBRUARY 24 - MARCH 24, 2023

ACTIVITY	TIME / 1 MILE	ACTIVITY	TIME / 1 MILE
Aerobics (moderate)	12	Rowing	12
Basketball	11	Running (8min. Mile)	8
Bicycling (moderate)	10	Skating	20
Cycle class (vigorous)	8	Skiing (cross-country)	10
Dance	15	Skiing (downhill)	15
Elliptical	10	Soccer	10
Fencing	15	Swimming (moderate)	12
Football	15	Tai Chi	25
Gardening	15	Tennis	10
Golf	20	Volleyball	12
Hiking	12	Walking	20
Hiking (up to 42lb load)	9	Water Aerobics	20
Jump Rope	10	Wheelchair (self-propel)	30
Kickboxing/Karate	8	Wheelchair basketball	20
Pilates	20	WII FIT™	15
Resistance Training	25	Weightlifting	25
Rollerblading	10	Yoga	30
Kayaking	25	Yard work	15



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