



COUNT YOUR MILES

Activity Conversion Chart

Activity Level	Description	Sample Activities CDC & ACSM guidelines	Energy Conversion
Level 1	<u>Light Activity</u> (less than 3.5 kcals used per minute)	Gardening, bowling, snowmobiling, car washing, fishing, window cleaning, golf (with cart), slow treading in pool, dusting or vacuuming.	20 minutes of activity = 1 mile
Level 2	<u>Moderate Activity</u> (3-7 kcals used per minute)	Softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis	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, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing	25 minutes of activity = 3 miles
Running & Walking*		Report Actual Miles	
Biking		3:1 Ration (Report 1 mile for every 3 miles biked)	

* **2,000 steps is equal to 1 mile**

Recording Examples:

1. My basketball game lasted 1 hour, but the **total minutes I played** in 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 a moderate pace, not including riding on the lifts, was **2 hours**, I would record **12 miles** for my activity.

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