



## Activity Conversion Chart

Number of Minutes of Activity Equal to 1 Mile or 2,000 Steps

<b>Physical Activity</b>	<b># of Minutes</b>
Aerobics (Low Impact)	16 Minutes
Aerobics (Moderate)	13 Minutes
Aerobics (High Impact)	11 Minutes
Bicycling	15 Minutes
Dancing (All Types)	15 Minutes
Elliptical	10 Minutes
Hiking	12 Minutes
Jump Rope	11 Minutes
Rowing	13 Minutes
Stationary Bicycling	11 Minutes
Swimming (Moderate)	12 Minutes
Swimming (Treading Water)	41 Minutes
Water Aerobics	20 Minutes
Weight Lifting (or Rock Climbing)	27 Minutes
Yoga	40 Minutes
Bowling or Golfing	20 Minutes (*ATP)

\*ATP = Record actual time performed