ACTIVITY CONVERSION CHART

Multiply the number of minutes you participated in an activity by the number indicated in the chart below

|  |  |  |  |
| --- | --- | --- | --- |
| Activity | Number multiplied by minutes spent | Activity | Number multiplied by minutes spent |
| Aerobics (low impact) | 146 | Pilates  | 113 |
| Aerobics (moderate/high impact  | 217 | Rowing (leisurely) | 93 |
| Cycling (leisurely, 15-18km/hr)  | 170 | Rowing (moderately/heavy) | 217 |
| Cycling (moderate 19-20km/hr) | 228 | Running (10 minute mile) | 235 |
| Cycling (vigorous 21-25km/hr) | 294 | Running (12 minute mile) | 209 |
| Circuit Training | 242 | Ski (cross country) | 278 |
| Dancing (slow) | 87 | Snowshoe | 220 |
| Dancing (fast) | 154 | Spinning | 240 |
| Gardening | 131 | Swimming (moderately) | 174 |
| Hiking  | 185 | Tennis (doubles) | 160 |
| Hiking with load | 216 | Vacuuming  | 104 |
| Jogging in water | 275 | Water Aerobics  | 123 |
| Jogging  | 209 | Yoga | 86 |
| Kayaking  | 296 | Yoga (vigorous) | 160 |
| Paddle Boarding | 182 | Zumba | 152 |
| Hockey | 243 | Skating | 163  |
|  |  |  |  |