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Walking Equivalents of Other Aerobic Activities

Your physical activity routine may include different types of activities throughout the week. Different types of activities provide different benefits, whichis important for a well-rounded routine.

Use the chart below to convert minutes of activities other than walking to a number that can be recorded on the Weekly Report Card.

First, locate the type of activity performed in the left hand column of the table below, then multiply the number of minutes you performed the activity by the corresponding number in the right hand column of the table.



For example:
If you went dancing for 60 minutes:
60 minutes dancing x 1.0 = 60 minutes
Record 60 minutes.

Or

30 minutes of jogging:
30 minutes x 2 = 60 minutes
Record 60 minutes.

If an activity is not listed in the table below, find the activity that most closely relates to the activity you performed and follow the conversion steps as explained above.

	Time walking*
Bicycling (slower than 10 mph)	1.0
Elliptical trainer	1.0
Stair climbing machine (light to moderate)	1.0
Dancing	1.0
Golf (walking and carrying clubs)	1.0
Walking (13 minutes per mile)	1.4
Stair climbing machine (vigorous)	1.6
Rowing machine (vigorous)	1.6
Aerobic Dance or step aerobics	1.6
Swimming (slow freestyle laps)	1.7
Running/jogging (12 minutes per mile)	2.0
Bicycling (10mph or faster)	2.0
*Based on walking at a pace of 17 minutes per miles	

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