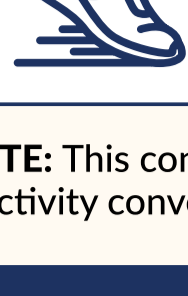




Convert time spent exercising into miles or kms

Use the chart to find out how many miles / kms you cover doing different exercises or day to day activities

Steps to miles conversion



1 step = 0.0005 miles / 0.0008 kms
 10,000 steps = 5 miles / 8 kms
 1 km per = 1.60934 miles

NOTE: This conversation chart is a guide only. You may adjust your activity conversion up or down to reflect your intensity output

Physical activity	miles/min	miles/10min	kms/min	kms/10min
Aerobics (low intensity)	0.06	0.64	0.10	1.02
Aerobics (high intensity)	0.09	0.91	0.15	1.46
Aerobics step	0.08	0.77	0.12	1.23
Badminton	0.07	0.66	0.11	1.05
Ballet dancing	0.06	0.60	0.10	0.97
Baseball	0.07	0.65	0.10	1.05
Basketball	0.07	0.65	0.10	1.05
Bicycling (easy 8.7mi per hr / 14km per hr)	0.14	1.40	0.23	2.25
Bicycling (moderate 10mi per hr / 24km per hr)	0.25	2.50	0.40	4.02
Bicycling (vigorous 20mi per hr / 32km per hr)	0.33	3.30	0.53	5.31
Bowling	0.04	0.36	0.06	0.57
Boxing	0.11	1.11	0.18	1.79
Calithenics	0.05	0.53	0.09	0.85
Canoeing	0.05	0.46	0.07	0.73
Cheerleading	0.05	0.50	0.08	0.80
Circuit traing (squats, lunges, pushup, burpees, situps etc)	0.10	1.00	0.16	1.60
Climbing (in/outdoor)	0.14	1.35	0.22	2.17
Croquet	0.04	0.38	0.06	0.61
Crossfit	0.13	1.25	0.20	2.01
Dancing	0.05	0.55	0.09	0.88
Elliptical training	0.10	1.02	0.16	1.63
Fencing	0.09	0.91	0.15	1.46
Fishing	0.05	0.46	0.07	0.73
Football/soccer	0.10	1.00	0.16	1.60
Gardening/yardwork	0.04	0.40	0.06	0.64
Golf (carry clubs)	0.05	0.55	0.09	0.88
Grocery shopping	0.03	0.34	0.05	0.54
Gymnastics	0.06	0.61	0.10	0.97
Handball	0.17	1.74	0.28	2.80
HIIT	0.13	1.25	0.20	2.01
Hiking/orienteering	0.12	1.16	0.19	1.87
Hockey, feild and ice	0.12	1.20	0.19	1.93
Horseback riding	0.05	0.45	0.07	0.72
Housework	0.04	0.36	0.06	0.58
Ice skating	0.04	0.42	0.07	0.68
In-line skating/rollerblading	0.10	0.95	0.15	1.53
Jumping rope (fast)	0.15	01.50	0.24	2.41
Jumping rope (moderate)	0.13	1.25	0.20	2.01
Kayaking	0.08	0.76	0.12	1.22
Kickboxing / MMA	0.15	1.45	0.23	2.33
Lacrosse	0.12	1.21	0.19	1.95
Martial arts	0.12	1.18	0.19	1.90
Mowing lawn	0.06	0.60	0.10	0.97
Pilates	0.05	0.46	0.07	0.73
Punching bag	0.09	0.90	0.14	1.45
Raking lawn/leaves	0.06	0.61	0.10	0.97
Racquetball	0.09	0.91	0.15	1.46
Rowing	0.07	0.74	0.12	1.18
Rowing machine	0.11	1.06	0.17	1.17
Rugby	0.15	1.52	0.24	2.44
Running (12min/mi, 7mins/km)	0.09	0.89	0.14	1.42
Running (10min/mi, 5.35mins/km)	0.11	1.11	0.18	1.79
Running (12min/mi, 7mins/km)	0.14	1.39	0.22	2.24
Sailing (boat /board)	0.05	0.46	0.07	0.73
Shovelling snow	0.07	0.73	0.12	1.17
Skateboarding	0.05	0.51	0.08	8.2
Skiing (light/moderate)	0.05	0.55	0.09	0.88
Skiing (cross-country)	0.06	0.57	0.09	0.92
Sledding	0.08	0.79	0.13	1.27
Snowboarding/snowshoeing	0.09	0.91	0.15	1.46
Snowmobiling	0.05	0.53	0.09	0.85
Softball	0.08	0.76	0.12	1.22
Spinning	0.10	1.00	0.16	1.61
Squash	0.17	1.74	0.28	2.80
Stairclimbing machine	0.10	1.00	0.16	1.61
Stairclimbing, downstairs	0.04	0.36	0.06	0.57
Stairclimbing, upstairs	0.09	0.91	0.15	1.46
Surfing	0.05	0.46	0.07	0.73
Swimming (butterfly)	0.14	1.36	0.22	2.19
Swimming (freestyle/ breaststroke)	0.09	0.91	0.15	1.46
Swimming (treading/leisure)	0.06	0.58	0.09	0.93
Table tennis	0.06	0.60	0.10	0.97
Tae bo	0.13	1.25	0.20	2.01
Tai chi	0.02	0.20	0.03	0.32
Tennis	0.10	1.00	0.16	1.61
Trampoline	0.05	0.45	0.07	0.72
Volleyball	0.05	0.46	0.07	0.73
Walking, stroll	0.03	0.31	0.05	0.49
Walking , average	0.04	0.42	0.07	0.68
Walking, power	0.08	0.78	0.13	1.26
Washing a car	0.04	0.36	0.06	0.57
Water aerobics	0.06	0.58	0.09	0.93
Water polo	0.15	1.52	0.24	2.44
Water skiing	0.07	0.73	0.12	1.17
Weightlifting (light)	0.03	0.34	0.05	0.54
Weightlifting (heavy)	0.09	0.87	0.14	1.40
Wrestling	0.07	0.73	0.12	1.17
Yoga	0.02	0.23	0.04	0.36