# EXERCISE CONVERSION CHART

Knowing that not all employees will use walking as their chosen physical activity you can use the chart below to convert other activities to miles during the "100 Miles in 100 Days" Challenge. Record only the time spent performing the activity.

| ACTIVITY LEVEL | DESCRIPTION | SAMPLE ACTIVITIES | ENERGY CONVERSION |
|---|---|---|---|
| LEVEL 1 | Light Activity (less than 3.5 calories used per minute) | Gardening, Bowling, Painting, Car Washing, Fishing, Golfing, Slow treading in pool, Dusting or Vacuuming | 20 Minutes Activity = 1 Mile |
| Level 2 | Moderate Activity (3-5 Calories used/minute) | Softball, Weightlifting, Dancing, Racquetball, Tennis, Vollyball, Yoga | 20 Minutes Activity = 2 Mile |
| Level 3 | Vigorous Activity (7.5+ Calories used/minute) | Exercise Class i.e.(Spinning, Step, Kickboxing, Body Pump, Circuit Training) Basketball, Martial Arts, Boxing, Swimming fast laps, Competitive Dancing | 25 Minutes Activity = 3 Miles |

**Running & Walking - Report Actual Miles**

**Biking - 3:1 Ratio (Report 1 mile for every 3 miles biked)**