

NUMBER OF MINUTES OF ACTIVITY EQUAL TO ONE WELLNESS MILE

| Activity Conversion Chart | Easy # min = 1 mile | Moderate # min = 1 mile | Vigorous # min = 1 mile |
|------------------------------------|------------------------|----------------------------|----------------------------|
| Aerobic Exercise to Music | 30 minutes | 20 minutes | 15 minutes |
| Baseball/ Softball | 25 minutes | 20 minutes | 16 minutes |
| Basketball | 20 minutes | 12 minutes | 10 minutes |
| Bicycling | 18 minutes | 14 minutes | 10 minutes |
| Calisthenics | 30 minutes | 20 minutes | 15 minutes |
| Canoeing/ Rowing | 20 minutes | 15 minutes | 12 minutes |
| Circuit Training | 18 minutes | 15 minutes | 12 minutes |
| Cycling, stationary | 16 minutes | 12 minutes | 10 minutes |
| Dancing | 20 minutes | 15 minutes | 12 minutes |
| Elliptical Trainer | 18 minutes | 15 minutes | 12 minutes |
| Football | 20 minutes | 15 minutes | 12 minutes |
| Gardening | 60 minutes | 40 minutes | 30 minutes |
| Hiking, cross country & hills | 20 minutes | 15 minutes | 12 minutes |
| Horseback Riding | 25 minutes | 20 minutes | 16 minutes |
| Golfing, carrying bag or pull cart | 50 minutes | 35 minutes | 20 minutes |
| Jogging/ Running | 12 minutes | 10 minutes | 8 minutes |
| Jump Rope | 11 minutes | 8 minutes | 6 minutes |
| Line Dancing | 30 minutes | 25 minutes | 20 minutes |
| Racquetball, handball, squash | 20 minutes | 15 minutes | 10 minutes |
| Mini Tramp | 18 minutes | 15 minutes | 12 minutes |
| Pilates/ Yoga/ Tai Chi | 30 minutes | 22 minutes | 18 minutes |
| Rollerblading | 20 minutes | 14 minutes | 10 minutes |
| Soccer | 15 minutes | 12 minutes | 10 minutes |
| Spinning Class | 10 minutes | 8 minutes | 6 minutes |
| Stair or Bench Stepping | 14 minutes | 12 minutes | 10 minutes |
| Swimming | 20 minutes | 12 minutes | 8 minutes |
| Table Tennis | 60 minutes | 30 minutes | 20 minutes |
| Tennis | 22 minutes | 16 minutes | 11 minutes |
| Volleyball | 20 minutes | 15 minutes | 12 minutes |
| Walking | 24 minutes | 20 minutes | 15 minutes |
| Water Skiing | 22 minutes | 16 minutes | 12 minutes |
| Water Aerobics | 24 minutes | 20 minutes | 18 minutes |
| Weight Training | 30 minutes | 20 minutes | 15 minutes |

- Quit smoking/ tobacco: record one mile every day you do not smoke/chew during the program. If you do NOT smoke record a one time 50 mile bonus.
- Stretching for 15 minutes equals 1 mile (1 mile max per day)
- For every day you drink six to eight glasses of water record 1 mile.
- For every day you eat 6-9 servings of fruits and vegetables record one mile.
- For every day you eat 25-35 grams of fiber record one mile