



# Activity Conversion Chart

Activity Level	Activity Description	Sample Activities	Convert to Miles
Level 1	Light Activity	Golf without cart, walking in place, slow treading in pool, water aerobics, rowing kayaking,, canoeing, Frisbee golf, softball, baseball	20 minutes of Activity = 1 mile
Level 2	Moderate Activity	Weightlifting, shoveling snow, dancing, racquet sports, yoga, skiing easy, ice skating recreational, swimming, handball, hiking	20 minutes of Activity = 2 miles
Level 3	Vigorous Activity	Exercise classes: i.e. (Zumba, kickboxing, circuit, kettlebells), basketball, soccer, cross country skiing, swimming laps, competitive dancing, mogul skiing	20 minutes of Activity = 3 miles



A jumpstart on Wellness, Heath and Happiness.

