

# Aerobic Mile EQUIVALENTS

The following list details the minutes of sustained activity that equal the exertion of running one mile. For example, 30 minutes of vigorous walking yields benefits similar to running 2 miles. If you haven't been exercising, aim for 6 aerobic miles per week to start. Gradually work up to 10 or 15 aerobic miles per week.. Find the activities that appeal to you, and get started!

## AEROBIC MILES CHART

	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	20	15	12
Canoeing or rowing (4, 6, and 8 METS)	20	15	12
Dancing, social	30	20	15
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running	12	10	8
Karate, Tae kwon do	15	12	10
Mountain climbing	15	12	10
Racquetball, handball	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair stepping	15	13	11
Stationary cycling	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

