

Convert your time spent exercising into kilometres and miles

PHYSICAL ACTIVITY	KM / MIN	KM / 10 MINS	MILES / MIN	MILES / 10 MIN
Aerobics, low intensity	0.1	1.02	0.06	0.64
Aerobics, high intensity	0.15	1.46	0.9	0.91
Aerobics, step	0.12	1.23	0.08	0.77
Badminton	0.11	1.05	0.07	0.66
Ballet dancing	0.1	0.97	0.06	0.6
Baseball	0.1	1.05	0.07	0.65
Basketball	0.1	1.05	0.07	0.65
Bowling	0.06	0.57	0.04	0.36
Boxing	0.18	1.79	0.11	1.11
Calisthenics	0.09	0.85	0.05	0.53
Canoeing	0.07	0.73	0.05	0.46
Cheerleading	0.08	0.8	0.05	0.5
Circuit training	0.16	1.6	0.1	1
Climbing - indoor/outdoor	0.22	2.17	0.14	1.35
Croquet	0.06	0.61	0.04	0.38
CrossFit	0.2	2.01	0.13	1.25
Cycling - light	0.1	1.05	0.2	1.5
Cycling - moderate	0.14	1.37	0.3	2.5
Cycling - vigorous	0.16	1.61	0.3	3.3
Dancing	0.09	0.88	0.05	0.55
Elliptical trainer	0.16	1.63	0.1	1.02
Fencing	0.15	1.46	0.9	0.91
Fishing	0.07	0.73	0.05	0.46
Football	0.16	1.6	0.1	1
Gardening	0.06	0.64	0.04	0.4
Golf	0.09	0.88	0.05	0.55
Grocery shopping	0.05	0.54	0.03	0.34
Gymnastics	0.1	0.97	0.06	0.61
Handball	0.28	2.8	0.17	1.74
HIIT	0.2	2.01	0.13	1.25
Hiking/orienteering	0.19	1.87	0.12	1.16
Hockey - field/ice	0.19	1.93	0.12	1.2
Horseback riding	0.07	0.72	0.05	0.45
Housework	0.06	0.58	0.04	0.36
Ice skating	0.07	0.68	0.04	0.42
Jumping rope - moderate	0.2	2.01	0.13	1.25
Jumping rope - fast	0.24	2.41	0.15	1.5
Kayaking	0.12	1.22	0.08	0.76
Kickboxing	0.23	2.33	0.15	1.45
Lacrosse	0.19	1.95	0.12	1.21
Martial arts	0.19	1.9	0.12	1.18
Mowing Lawn	0.1	0.97	0.06	0.6

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Pilates	0.07	0.73	0.05	0.46
Punching bag	0.14	1.45	0.09	0.9
Raking lawn	0.1	0.97	0.06	0.61
Racquetball	0.15	1.46	0.09	0.91
Rollerblading	0.15	1.53	0.1	0.95
Rowing	0.12	1.18	0.07	0.74
Rowing machine	0.17	1.71	0.11	1.06
Rugby	0.24	2.44	0.15	1.52
Running	0.14	1.43	0.1	0.8
Sailing	0.07	0.73	0.05	0.46
Skateboarding	0.08	0.82	0.05	0.51
Skiing - easy/moderate	0.09	0.88	0.05	0.55
Skiing - cross-country	0.09	0.92	0.06	0.57
Sledding	0.13	1.27	0.08	0.79
Snowboarding	0.15	1.46	0.09	0.91
Softball	0.12	1.22	0.08	0.76
Squash	0.28	2.8	0.17	1.74
Stair climbing - machine	0.16	1.61	0.1	1
Stair climbing - downstairs	0.06	0.57	0.04	0.36
Stair climbing - up-stairs	0.15	1.46	0.09	0.91
Surfing	0.07	0.73	0.05	0.46
Swimming - butterfly	0.22	2.19	0.14	1.36
Swimming - freestyle	0.15	1.46	0.09	0.91
Swimming - leisure	0.09	0.93	0.06	0.58
Table Tennis	0.1	0.97	0.06	0.6
Tae Bo	0.2	2.01	0.13	1.25
Tai Chi	0.03	0.32	0.02	0.2
Tennis	0.16	1.61	0.1	1
Trampoline	0.07	0.72	0.05	0.45
Volleyball	0.07	0.73	0.05	0.46
Walking - light	0.05	0.49	0.03	0.31
Walking - moderate	0.07	0.68	0.04	0.42
Walking - power	0.13	1.26	0.08	0.78
Water aerobics	0.09	0.93	0.06	0.58
Water polo	0.24	2.44	0.15	1.52
Water skiing	0.12	1.17	0.07	0.73
Weight lifting - light	0.05	0.54	0.03	0.34
Weight lifting - heavy	0.14	1.4	0.09	0.87
Wrestling	0.12	1.17	0.07	0.73
Yoga	0.04	0.36	0.02	0.23