

WAT Conversion Chart

Use conversion ONLY when the activity is for the sake of fitness.

Activity	Time = 1 mile
Aerobics	20 min.
Backpacking	13.5 min.
Basketball	15 min.
Bicycling	15 min.
Bowling	30 min.
Circuit Training	12 min.
Cleaning House	30 min.
Dancing	15 min.
Elliptical	1 mile = 1 mile
Gardening	15 min.
Golfing	17.25 min.
Push mow lawn	13.5 min.
Pilates	20 min.
Playing with Children	24 min.
Racquetball	13.5 min
Rowing	20 min.
Running	1 mile = 1 mile
Simply Fit Board	13 min
Spinning (bike)	15 min.
Swimming	12 min.
Tai Chi	24 min.
Tennis	12 min.
Treadmill	1 mile = 1 mile
Water Aerobics	24 min.
Weight Lifting	13 min.
Wii Fit®	15 min.
Yoga	24 min.
Zumba	20 min.

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