

Walk Across Tennessee!

Exercise Equivalents

Activity	Actual Miles	Recorded Miles
Bicycling - leisurely	20 minutes	1 mile
Bicycling - light, 10 - 11.9 mph	13 minutes	1 mile
Bicycling - moderate, 12 - 13.9 mph	10 minutes	1 mile
Bicycling - vigorous, 14 - 15.9 mph	8 minutes	1 mile
Bicycling - racing, 16 - 19 mph	6 minutes	1 mile
Stationary bicycling - light	16 minutes	1 mile
Stationary bicycling - moderate	11 minutes	1 mile
Stationary bicycling - vigorous	8 minutes	1 mile
Water aerobics	20 minutes	1 mile
Tennis	10 minutes	1 mile
Walking (4 mph)	1 mile =	1 mile
Running (5.5 mph)	1 mile =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Aerobics	15 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Resistance Training (weightlifting)	27 minutes =	1 mile
Swimming (30 yds/minutes)	1 mile =	1 mile

The exercise values have been estimated by average caloric burn for a 150 pound person exercising at moderate intensity levels for 30 minutes. Use your judgement on the intensity level. Someone who is physically fit may actually be exercising at the vigorous pace but feel like they are only light to moderate. The primary goal of *Walk Across Tennessee* is to encourage people to participate in regular activity to increase overall health. The exercise equivalents were developed so participants who enjoy activities in addition to walking can log credit for those different activities. These are estimates. Although competition with others is an excellent motivator, we encourage people to participate in *Walk Across Tennessee* to enjoy the many benefits of exercise.

Note: Only moderate to vigorous activities that are similar to walking count in the *Walk Across Tennessee* program. Light activities such as bowling, fishing, housework, cooking and steps taken during normal activities do not count towards miles “walked.”