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| --- | --- |
| activity | Time to equal 1 mile |
| Aerobics (Walking) | 20 minutes |
| Aerobics (Jogging) | 15 minutes |
| Aerobics (Running) | 7-10 minutes |
| Basketball | 10 minutes |
| Bicycling | 20 minutes |
| Bowling | 30 minutes |
| Dancing (all types) | 15 minutes |
| Elliptical  | 10 minutes |
| Fencing | 15 minutes |
| Football | 15 minutes |
| Gardening | 15 minutes |
| Golf | 20 minutes |
| Hiking | 10 minutes |
| Jump Rope (slow) | 10 minutes |
| Jump Rope (fast) | 7 minutes |
| Kickboxing/Karate | 7 minutes |
| Pilates | 20 minutes |
| Resistance Training | 25 minutes |
| Rollerblading | 10 minutes |
| Rowing/Kayaking | 20 minute |
| Skating | 20 minutes |
| Skiing  | 10 minutes |
| Soccer | 10 minutes |
| Stationary Bike | 15 minutes |

|  |  |
| --- | --- |
| Activity | Time to equal 1 mile |
| Swimming | 15 minutes |
| Tai Chi | 25 minutes |
| Tennis | 10 minutes |
| Treadmill | 1 mile = 1 mile |
| Volleyball | 9 minutes |
| Water Aerobics | 20 minutes |
| Wii Fit | 15 minutes |
| Yoga | 40 minutes |
| Yard Work | 20 minutes |
| PE class | 1 mile |
| Recess | 1 mile |
| Sport Practice | 1 mile |
| Sport Event/Game | 1 mile |
| 2,500 steps | 1 mile |
| Stretching  | 3 hours |
| Baseball/Softball | 20 minutes |
| Spikeball | 15 minutes |
| Dance Revolution  | 15 minutes |
| Ultimate Frisbee | 30 minutes |



**Marathon Runners of GMSD**

**Activity Conversion Chart:**

**Riverdale Elementary**

**2021-2022**