

WALK

ACROSS TENNESSEE, SULLIVAN COUNTY

Minutes to Miles Conversion Chart

Walk Across Tennessee, Sullivan County, 8-week program that's free and open to everyone in the community! The purpose of the program is to increase physical activity levels throughout the 8-weeks. Any type of physical activity is allowed if you increase your heart rate or break a sweat.

Below are a variety of activities and guidance for you to calculate your daily mileage. Remember, these are estimates!

Activity	Actual Miles/Minutes	Recorded Miles
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Running (6 mph)	10 minutes =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning (vigorous intensity)	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1.5 miles
Stairmaster (moderate intensity)	20 minutes =	1 mile
Swimming (50 yds./min)	15 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2,250 steps =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Example

Converting minutes of an activity to miles "walked":

Activity Equivalent:

Aerobics (moderate intensity) for 30 minutes = 1.5 miles "walked"

You participate in an aerobics class for 45 minutes and want to convert that activity to miles walked

$$\frac{30 \text{ min.}}{1.5 \text{ miles}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1.5 \times 45} = (X = 67.5 \div 30) = 2.25 \text{ miles "walked"}$$

Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H & Texas A&M AgriLife Extension Service: Walk Across Texas (WAT!)