



## 2009 Activity Conversion Chart

**Shape Up Montana participants in the Accumulated Activity category** are asked to report their mileage to their team captains monthly. Knowing that not all people will use walking as their chosen physical activity you can use the following chart to convert other activities to “miles” for reporting. If your activity isn’t under the “Sample Activities” please refer link provided below the table or use your **best judgment** as to how many miles your physical activity converts into miles. Record only the time spent performing the activity (see samples at the bottom of page).

If you are using a pedometer, please do not “double dip”, meaning if you played racquetball continually for 1 hour and recorded 6 miles you shouldn’t also record your pedometer reading. **Please remember to keep the spirit of the Games in mind when reporting. This is an on your “honor” system.**

Activity Level	Description	<b>SAMPLE ACTIVITIES</b> CDC & ACSM guidelines	Energy Conversion
Level 1	<b>Light Activity</b> (less than 3.5 kcals used per minute)	gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting or vacuuming.	20 minutes of activity = 1 mile
Level 2	<b>Moderate Activity</b> (3-7 kcals used per minute)	softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis.	20 minutes of activity = 2 miles
Level 3	<b>Vigorous Activity</b> (7.5 + kcals used per minute)	exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing.	25 minutes of activity = 3 miles
Running & Walking		Report Actual Miles	
Biking		3:1 Ratio (Report 1 mile for every 3 biked)	

**Quick recording examples:**

1. My basketball game lasted 1 hour, but total minutes I played throughout the game was 25; I would record 3 miles for my activity.
2. I went downhill skiing for 6 hours, but my actual time skiing, at an moderate pace, not including riding on the lifts, was 2 hours; I would record 12 miles for my activity.
3. I went walking for 30 mins. and went 2 miles; I would record 2 miles for my activity.

**For more examples of activities and their intensity levels, visit this link:  
[www.cdc.gov/nccdphp/dnpa/physical/measuring/](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/)**