

## 2010 Activity Conversion Chart



**Shape Up Montana participants in the Accumulated Activity category.**

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.

**NEW!** For a complete listing of activities use the **SUM Miles Calculator** by logging into your Personal dashboard using your Username & Password at: <http://www.shapeupmontana.org>

The calculator will provide you with miles and approximately how many calories you used during the recorded activity.

**Please remember to keep the spirit of SUM 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><u>Light Activity</u></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><u>Moderate Activity</u></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><u>Vigorous Activity</u></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.

**Reminder:**

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.