



### Minutes to Miles Conversion Chart

Walk Across Arkansas is a statewide, 8-week program that's free and open to everyone in the community! The purpose of the program is to increase physical activity levels through out 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!

<b>Activity</b>	<b>Actual Miles/Minutes</b>	<b>Recorded Miles</b>
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 minutes
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2,250 steps =	1 mile
<b>Any activity/exercise that makes you breathe hard and sweat.</b>	<b>20 minutes =</b>	<b>1 mile</b>
<b>Any activity/exercise that makes you breathe very hard and perspire heavily.</b>	<b>15 minutes =</b>	<b>1 mile</b>

#### 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!)*

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.