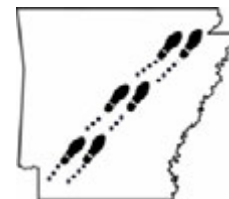


Walk Across Arkansas



Physical Activity Equivalents

The purpose of the *Walk Across Arkansas - Heart & Sole* program is to help people get moving more. Perhaps, for many, the simplest way to move more is to walk more. However, engaging in other physical activities is also very beneficial to your health and well being.

For physical activities in which miles “walked” cannot be measured using a pedometer, we have provided the table below to help participants determine an equivalent to miles walked.

The physical activity equivalents are estimated based on METS. A MET, or metabolic equivalent is a way of expressing the rate of energy expenditure from a given physical activity. In other words, the physical activity equivalents are based on the time it would take doing that activity to equal the amount of energy expended walking one mile.

To determine miles “walked” for the activities listed below, keep track of the time spent (in minutes) engaged in the physical activity. For example, if you did water aerobics for an hour, that would be equivalent to walking 3 miles (1 mile of walking = 20 minutes of water aerobics; so, 60 minutes of water aerobics = 3 miles). Recording miles “walked” is based on the Honor System, please use your best estimate.

Note: Only moderate to vigorous activities that are similar to walking count in the *Walk Across Arkansas - Heart & Sole* program. Light activities such as bowling, fishing, housework and cooking do not count towards miles “walked.”

Physical Activity	Time Spent to Equal 1 mile
Bicycling - leisurely	20 minutes
Bicycling - light, 10 - 11.9 mph	13 minutes
Bicycling - moderate, 12-13.9 mph	10 minutes
Bicycling - vigorous, 14-15.9	8 minutes
Bicycling - racing, 16-19 mph	6 minutes
Stationary bicycling: light	16 minutes
Stationary bicycling: moderate	11 minutes
Stationary bicycling: vigorous	8 minutes
Aerobics: low impact	16 minutes
Aerobics: high impact	11 minutes
Water aerobics	20 minutes
Swimming laps: vigorous	8 minutes
Swimming laps: light/moderate	10 minutes
Resistance training (weightlifting)	27 minutes
Tennis	10 minutes