

Activities to KMs Conversion Chart

Conversion is Km's per 30 minute of activity

Activity	KM/30 minutes
H & S POWER Class	5km for 45 min class
Aerobics Class	3.3
Archery	2.4
Backpacking, uphill	5.6
Badminton	3.1
Baseball	2.6
Basketball, game	4.1
Basketball, recreational	3.1
Bicycling, easy	3.1
Bicycling, moderate	4.1
Bicycling, vigorous	5.1
Billiards/pool	1.8
Bowling	2
Boxing, noncompetitive	3
Boxing, competitive	5.1
Calisthenics	2.4
Canoeing	2.4
Chopping Wood	3.1
Circuit training, general	4.1
Cleaning house	1.8
Climbing, rock or mountain	6.3
Dancing, aerobic	3.1
Dancing, general	2.3
Elliptical machine	5.7
Fencing	3.1
Fishing, sitting	2.1
Fitness class – low impact	3.5
Fitness class – high impact	4.9
Football	4.4
Frisbee	1.5
Gardening	3
Golf, carrying clubs	2.8
Golf, cart	1.8
Gymnastics	2.1
Handball	6.2
Hiking, general	4
Hiking, uphill	4.9
Hockey	4.1
Horseback riding, general	2.4
Ice skating	4.7
Jogging	3.6
Jumping rope, moderate	5.6
Jumping rope, slow	4.1

Kayaking	3.5
Line dancing	3.2
Martial Arts	5.1
Miniature golf	2.1
Mowing (push mower)	3.7
Mopping	2.3
Painting	2.3
Pilates	2.3
Ping Pong	2.8
Punching bag	4.2
Racquetball, moderate	3.6
Rock climbing	5.6
Rollerblading/skating	3.6
Rowing machine, moderate	2.6
Rowing machine, vigorous	4.4
Rugby	7
Running, 8 minute mile	6.4
Running, 10 minute mile	5.1
Running, 12 minute mile	4.1
Scuba diving	4.9
Shoveling snow	3.1
Skiing, cross-country	4.6
Skiing, downhill	3.1
Sledding	4.9
Snowshoeing	4.1
Soccer, Recreational	3.6
Softball	3.5
Spinning class	5.5
Stretching	1.8
Swimming, leisurely	3.1
Swimming laps, moderate	4.9
Swimming laps, vigorous	7
Tai chi	2.8
Tennis, singles	4.1
Tennis, doubles	3.1
Vacuuming	2
Volleyball	2.1
Walking (moderate)	3
Washing car	2.3
Water aerobics	2.1
Weight lifting	3.1
Yard work	2.6
Yoga	2.1