

Activities to KMs Conversion Chart

This show how many kilometres you go by doing 30 minutes of each activity

Activity	KM/30 minutes
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	2.0
Boxing, noncompetitive	3.0
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	3.0
Golf, carrying clubs	2.8
Golf, cart	1.8
Gymnastics	2.1
Handball	6.2
Hiking, general	4.0
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	7.0
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	7.0
Tai chi	2.8
Tennis, singles	4.1
Tennis, doubles	3.1
Vacuuming	2.0
Volleyball	2.1
Washing car	2.3
Water aerobics	2.1
Weight lifting	3.1
Yard work	2.6
Yoga	2.1