

USE THIS CHART TO CONVERT YOUR ACTIVITIES TO MILES:

ACTIVITY	MINUTES = 1 MILE
AEROBICS	12 MINUTES
BASKETBALL	20 MINUTES
BICYCLING	10 MINUTES
DANCING	15 MINUTES
FOOTBALL	15 MINUTES
JUMPING ROPE	10 MINUTES
RESISTANCE WORKOUTS	22 MINUTES
ROWING	12 MINUTES
SKATING	18 MINUTES
SWIMMING	12 MINUTES
TENNIS	10 MINUTES
WEIGHTLIFTING	15 MINUTES
YOGA	40 MINUTES