

Physical Activity Equivalents for Walk Across Tennessee

The purpose of Walk Across Tennessee is to motivate people to get moving! 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, the table below is provided 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 activities listed below, keep track of time spent (in minutes) engaged in the activity. For example if you did water aerobics for 60 minutes, that would be equivalent to walking 3 miles (1 mile of walking = 20 minutes of water aerobics; so 60 minutes = 3 miles). Recording miles “walked” is based on the Honor System, please use your best estimate!

Only moderate to vigorous activities are listed.

<i>Physical Activity</i>	<i>Time Spent to Equal 1 mile</i>
Biking-leisurely	20 minutes
Biking-light 10-12mph	13 minutes
Biking-moderate 12-14mph	10 minutes
Biking-vigorous 14-16mph	8 minutes
Biking-racing 16-19mph	6 minutes
Stationary bike-light	16 minutes
Stationary bike-moderate	11 minutes
Stationary bike-vigorous	8 minutes
Aerobics-low impact	16 minutes
Aerobics-high impact	11 minutes
Water aerobics	20 minutes
Swimming-light/moderate	10 minutes
Swimming-vigorous	8 minutes
Resistance Training (weights, etc.)	27 minutes
Tennis	10 minutes