

Physical Activity Equivalents for Walk Across Tennessee Program

The purpose of the *Walk Across Tennessee* program is to motivate people to 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, 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 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 Tennessee* program. Light activities such as bowling, fishing, housework and cooking do not count towards miles “walked.”

<i>Physical Activity</i>	<i>Time Spent to Equal 1 mile</i>
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 mph	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 - light/moderate	10 minutes
Swimming laps - vigorous	8 minutes
Resistance training (weightlifting)	27 minutes
Tennis	10 minutes

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

