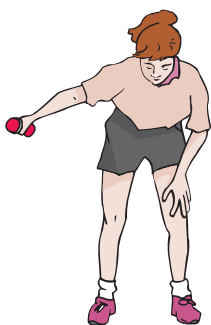


Aerobic Mile EQUIVALENTS

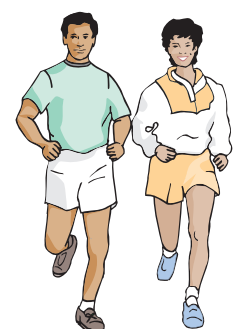
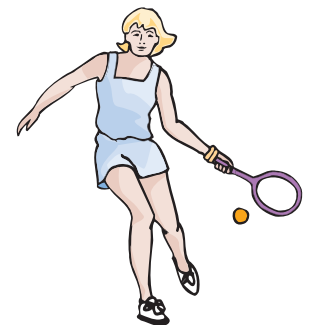
The following list details the minutes of sustained activity that equals the exertion of running one mile. For example, 30 minutes of vigorous walking yields benefits similar to running 2 miles.

Find the activities that appeal to you *and get started!*



AEROBIC MILE CHART

ACTIVITY	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic exercise to music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 14, and 18 mph pace)	18	14	10
Calisthenics	30	20	15
Canoeing or rowing (4, 6, 8 METS)	20	15	12
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross country, & hills	20	15	12
Jogging or running 12-10-8 min/mile pace	12	10	8
Mountain climbing	15	12	10
Racquetball, handball, squash	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Stationary bicycle	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24, 20, 15 min/mile pace	24	20	15
Water skiing	20	15	12
Weight training	30	20	15



If you have not been exercising at all, you should try to begin with physical activity equal to 6 aerobic miles per week, then gradually work up to 10 or 15.