

Walk Across Arizona Exercise Equivalents

Activity	Actual Miles/Minutes	Recorded Miles
Core Exercises (Sit-ups, Push-ups, Crunches, etc)	13 minutes-as many as possible	1 mile
Deep Squats	13 minutes-as many as possible	1 mile
Weight Lifting	25 repetitions	1 mile
Cross Fit	25 repetitions	1 mile
Yoga/Stretching	25 minutes	1 mile
Walking, casual/stroll (2-3 mph)	30 minutes	1 mile
Walking typical pace (3 mph)	30 minutes	1.5 mile
Walking, brisk (4 mph/12-15 min. mile)	30 minutes	2 miles
Jogging, Running (5.5 mph)	30 minutes	3 miles
Cycling/Mountain Biking (13 mph)	7 miles	1 mile
Spinning	30 minutes	2 miles
Aerobics/Zumba (moderate intensity)	25 minutes	1 mile
Stairmaster/Elliptical (moderate intensity)	25 minutes	1 mile
Rollerblading	3 miles	1 mile
Swimming (laps-30 yards per minute)	30 minutes	1 mile
Dancing (moderate to rapid)	20 minutes	1 mile
Team Sports	25 minutes	1 mile
Gardening (planting, raking, weeding, etc.)	30 minutes	2.5 miles
Yard Work (push mowing, digging etc.)	30 minutes	2.25 miles
Gym workout	25 minutes	1 mile
Climbing Stairs	15 minutes	1 mile
Spring Cleaning (or heavy house work)	25 minutes	1 mile

The exercise equivalents were developed so participants who enjoy activities in addition to walking can log credit for those different activities. The exercise values have been estimated for an average 150-pound person exercising at moderate intensity levels for 30 minutes. You may be creative. Perhaps you climb stairs throughout your normal day and wear a Fitbit. Use and record this information.