

1 Hour of Activity	Miles Walked	1 Hour of Activity	Miles Walked	1 Hour of Activity	Miles Walked
Aerobics, general	5.5	Climbing hills, carrying 21 to 42 lb	6.8	Handball, team	6.8
Aerobics, high impact	5.9	Climbing hills, carrying over 42 lb	7.6	Health club exercise	4.7
Aerobics, low impact	4.2	Climbing hills, carrying up to 9 lbs	5.9	Hiking, cross country	5.1
Aerobics, step aerobics	7.2	Coaching: football, basketball, soccer	3.4	Hockey, field hockey	6.8
Archery	3.0	Crew, sculling, rowing, competition	10.2	Hockey, ice hockey	6.8
Backpacking, Hiking with pack	5.9	Cricket (batting, bowling)	4.2	Horseback riding, saddling horse	3.0
Badminton	3.8	Croquet	2.1	Horse grooming, moderate	5.1
Bagging grass, leaves	3.4	Cross country skiing, moderate	6.8	Horse racing, galloping	6.8
Ballet, twist, jazz, tap	3.8	Cross country skiing, racing	11.9	Horseback riding, grooming horse	3.0
Ballroom dancing, fast	4.7	Cross country skiing, uphill	14.0	Horseback riding, trotting	5.5
Ballroom dancing, slow	2.5	Cross country skiing, vigorous	7.6	Horseback riding, walking	2.1
Basketball game, competitive	6.8	Cross country snow skiing, slow	5.9	Horseshoe pitching	2.5
Basketball, officiating	5.9	Curling	3.4	Ice skating, < 9 mph	4.7
Basketball, shooting baskets	3.8	Cycling, 10-11.9 mph, light	5.1	Ice skating, average speed	5.9
Basketball, wheelchair	5.5	Cycling, 12-13.9 mph, moderate	6.8	Ice skating, rapidly	7.6
Bathing dog	3.0	Cycling, 14-15.9 mph, vigorous	8.5	Instructing aerobic class	5.1
Billiards	2.1	Cycling, 16-19 mph, very fast, racing	10.2	Jai alai	10.2
Bird watching	2.1	Cycling, <10 mph, leisure bicycling	3.4	Jazzercise	5.1
Boating, power, speed boat	2.1	Cycling, >20 mph, racing	13.6	Juggling	3.4
Bowling	2.5	Cycling, mountain bike, bmx	7.2	Jumping rope, fast	10.2
Boxing, in ring	10.2	Darts (wall or lawn)	2.1	Jumping rope, moderate	8.5
Boxing, punching bag	5.1	Diving, springboard or platform	2.5	Jumping rope, slow	6.8
Boxing, sparring	7.6	Downhill snow skiing, moderate	5.1	Kayaking	4.2
Calisthenics, light	3.0	Downhill snow skiing, racing	6.8	Kickball	5.9
Calisthenics, vigorous, pushups, sit-ups	6.8	Fencing	5.1	Krav maga training	8.5
Canoeing, camping trip	3.4	Football or baseball, playing catch	2.1	Lacrosse	6.8
Canoeing, rowing, light	2.5	Football, competitive	7.6	Loading, unloading car	2.5
Canoeing, rowing, moderate	5.9	Football, touch, flag, general	6.8	Marching, rapidly, military	5.5
Canoeing, rowing, vigorous	10.2	Frisbee playing, general	2.5	Martial arts, judo, karate, jujitsu	8.5
Carpentry, general	3.0	Frisbee, ultimate frisbee	6.8	Martial arts, kick boxing	8.5
Carrying 16 to 24 lbs, upstairs	5.1	Gardening, general	3.4	Martial arts, tae kwan do	8.5
Carrying 25 to 49 lbs, upstairs	6.8	General cleaning	3.0	Mild stretching	2.1
Carrying heavy loads	6.8	General housework	3.0	Mowing lawn, riding mower	2.1
Carrying infant, level ground	3.0	Golf, driving range	2.5	Mowing lawn, walk, power mower	4.7
Carrying infant, upstairs	4.2	Golf, general	3.8	Orienteering	7.6
Carrying moderate loads upstairs	6.8	Golf, miniature golf	2.5	Paddle boat	3.4
Carrying small children	2.5	Golf, using power cart	3.0	Paddleball, competitive	8.5
Children's games, hopscotch, dodgeball	4.2	Golf, walking and carrying clubs	3.8	Painting	3.8
Circuit training, minimal rest	6.8	Golf, walking and pulling clubs	3.7	Playing basketball, non game	5.1
Cleaning gutters	4.2	Gymnastics	3.4	Playing paddleball	5.1
Cleaning, dusting	2.1	Hacky sack	3.4	Playing racquetball	5.9
Climbing hills, carrying 10 to 20 lb	6.4	Handball	10.2	Playing soccer	5.9