

1 Hour of Activity	Miles Walked	1 Hour of Activity	Miles Walked	1 Hour of Activity	Miles Walked
Playing tennis	5.9	Ski machine	5.9	Tennis, doubles	5.1
Playing volleyball	2.5	Ski mobiling	5.9	Tennis, singles	6.8
Polo	6.8	Skiing, water skiing	5.1	Track and field (high jump, pole vault)	5.1
Pushing a wheelchair	3.4	Skin diving, fast	13.6	Track and field (hurdles)	8.5
Pushing stroller or walking with child	2.1	Skin diving, moderate	10.6	Track and field (shot, discus)	3.4
Race walking	5.5	Skin diving, scuba diving	5.9	Trampoline	3.0
Racquetball, competitive	8.5	Sky diving	2.5	Unicycling	4.2
Raking lawn	3.7	Sledding, tobogganing, luge	5.9	Volleyball, beach	6.8
Riding a horse, general	3.4	Snorkeling	4.2	Volleyball, competitive	6.8
Riding, snow blower	2.5	Snow shoeing	6.8	Walk / run, playing with animals	3.4
Rock climbing, ascending rock	9.3	Snow skiing, downhill skiing, light	4.2	Walk/run, playing with children, moderate	3.4
Rock climbing, mountain climbing	6.8	Snowmobiling	3.0	Walk/run, playing with children, vigorous	4.2
Rock climbing, rappelling	6.8	Soccer, competitive	8.5	Walking 2.0 mph, slow	2.1
Roller blading, in-line skating	10.2	Softball or baseball	4.2	Walking 2.5 mph	2.5
Roller skating	5.9	Softball, officiating	3.4	Walking 3.0 mph, moderate	2.8
Rowing machine, light	3.0	Softball, pitching	5.1	Walking 3.5 mph, brisk pace	3.2
Rowing machine, moderate	5.9	Speed skating, ice, competitive	12.7	Walking 3.5 mph, uphill	5.1
Rowing machine, very vigorous	10.2	Squash	10.2	Walking 4.0 mph, very brisk	4.2
Rowing machine, vigorous	7.2	Stair machine	7.6	Walking 4.5 mph	5.4
Rugby	8.5	Standing, playing with children, light	2.4	Walking 5.0 mph	6.8
Running, 10 mph (6 min mile)	13.6	Stationary cycling, light	4.7	Walking downstairs	2.5
Running, 10.9 mph (5.5 min mile)	15.3	Stationary cycling, moderate	5.9	Walking the dog	2.5
Running, 5 mph (12 minute mile)	6.8	Stationary cycling, very light	2.5	Walking using crutches	4.2
Running, 5.2 mph (11.5 minute mile)	7.6	Stationary cycling, very vigorous	10.6	Walking, pushing a wheelchair	3.4
Running, 6 mph (10 min mile)	8.5	Stationary cycling, vigorous	8.9	Walking, snow blower	3.0
Running, 6.7 mph (9 min mile)	9.3	Stretching, hatha yoga	3.4	Walking, under 2.0 mph, very slow	1.7
Running, 7 mph (8.5 min mile)	9.8	Surfing, body surfing or board surfing	2.5	Wallyball	5.9
Running, 7.5mph (8 min mile)	10.6	Swimming backstroke	5.9	Water aerobics	3.4
Running, 8 mph (7.5 min mile)	11.5	Swimming breaststroke	8.5	Water aerobics, water calisthenics	3.4
Running, 8.6 mph (7 min mile)	11.9	Swimming butterfly	9.3	Water jogging	6.8
Running, 9 mph (6.5 min mile)	12.7	Swimming laps, freestyle, fast	8.5	Water polo	8.5
Running, cross country	7.6	Swimming laps, freestyle, slow	5.9	Water volleyball	2.5
Running, general	6.8	Swimming leisurely, not laps	5.1	Watering lawn or garden	1.3
Running, on a track, team practice	8.5	Swimming sidestroke	6.8	Weeding, cultivating garden	3.8
Running, stairs, up	12.7	Swimming synchronized	6.8	Weight lifting, body building, vigorous	5.1
Running, training, pushing wheelchair	6.8	Swimming, treading water, fast, vigorous	8.5	Weight lifting, light workout	2.5
Sailing, competition	4.2	Swimming, treading water, moderate	3.4	Whitewater rafting, kayaking, canoeing	4.2
Sailing, yachting, ocean sailing	2.5	Table tennis, ping pong	3.4	Windsurfing, sailing	2.5
Shoveling snow by hand	5.1	Tai chi	3.4	Wrestling	5.1
Shuffleboard, lawn bowling	2.5	Taking out trash	2.5		
Sit, playing with animals	2.1	Teach exercise classes (& participate)	5.5		
Skateboarding	4.2	Teach physical education, exercise	3.4		