

# ACTIVITY CONVERSION CHART

## WALK TO MAKE CYSTIC FIBROSIS HISTORY



We have created a quick tips sheet, converting your favourite activities to kilometres. Use the guide to log and track your personal progress through your fundraising page.

PHYSICAL ACTIVITY	LEVEL OF ACTIVITY	KM per MIN	KM per 10 MIN
Aerobics, high intensity	Hard	0.15	1.46
Aerobics, low intensity	Light	0.10	1.02
Aerobics, step	Moderate	0.12	1.23
Badminton	Moderate	0.11	1.05
Baseball	Moderate	0.10	1.05
Basketball	Moderate	0.10	1.05
Bicycling, easy (8.7mi/h or 14km/h)	Light	0.10	1.05
Bicycling, moderate (15mi/h - 24km/h)	Moderate	0.14	1.37
Bicycling, vigorous (20mi/h - 32km/h)	Hard	0.16	1.61
Bowling	Moderate	0.06	0.57
Boxing	Hard	0.18	1.79
Canoeing	Light	0.07	0.73
Circuit training (squats, lunges, pushups, burpees, situps etc)	Hard	0.16	1.60
Climbing, indoor/outdoor	Hard	0.22	2.17
CrossFit	Hard	0.20	2.01
Dancing	Moderate	0.09	0.88
Elliptical trainer	Hard	0.16	1.63
Football/soccer	Hard	0.16	1.60
Gardening / yard work	Light	0.06	0.64
Golf	Moderate	0.09	0.88
Grocery shopping	Light	0.05	0.54
Gymnastics	Hard	0.10	0.97
HIIT	Hard	0.20	2.01
Hiking	Hard	0.19	1.87
Horseback riding	Moderate	0.07	0.72
Jumping rope (skipping), fast	Hard	0.24	2.41
Jumping rope (skipping), moderate	Hard	0.20	2.01
Kayaking	Moderate	0.12	1.22
Kickboxing	Hard	0.23	2.33
Martial Arts	Hard	0.19	1.90
Mowing lawn	Light	0.10	0.97
Pilates	Light	0.07	0.73
Rollerblading	Moderate	0.15	1.53
Rowing	Moderate	0.12	1.18
Rowing machine	Hard	0.17	1.71
Rugby	Hard	0.24	2.44
Skateboarding	Moderate	0.08	0.82
Softball	Moderate	0.12	1.22
Spinning	Hard	0.16	1.61
Squash	Hard	0.28	2.80
Stair climbing, down stairs	Light	0.06	0.57
Stair climbing, machine	Hard	0.16	1.61
Stair climbing, up stairs	Moderate	0.15	1.46
Swimming, freestyle/breaststroke	Moderate	0.15	1.46
Swimming, treading/leisure	Light	0.09	0.93
Tennis	Hard	0.16	1.61
Trampoline	Moderate	0.07	0.72
Volleyball	Moderate	0.07	0.73
Weight lifting, heavy	Hard	0.14	1.40
Weight lifting, light	Light	0.05	0.54
Yoga	Light	0.04	0.36