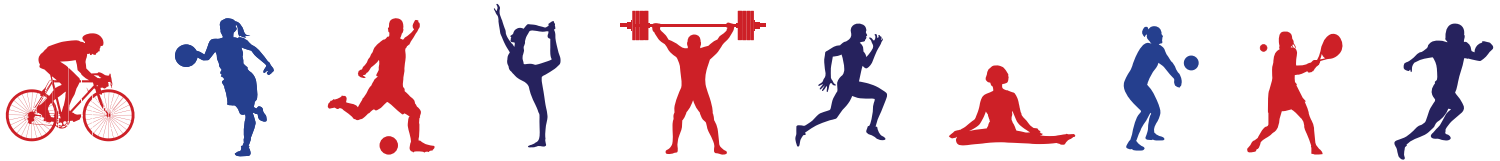


# SUPERHERO MILE CONVERSION CHART



## AMOUNT OF ACTIVITY EQUAL TO ONE SUPERHERO MILE

ACTIVITY	LOW INTENSITY: Conversational Calm breath	MODERATE INTENSITY: Conversation limited Somewhat breathy	HIGH INTENSITY: Can't hold conversation Breathless
	# = 1 MILE	# = 1 MILE	# = 1 MILE
Baseball, Softball	25 minutes	20 minutes	16 minutes
Basketball	20 minutes	12 minutes	10 minutes
Bicycling	8 minutes	4 minutes	3 minutes
Canoeing, rowing	20 minutes	15 minutes	12 minutes
Circuit training	18 minutes	15 minutes	12 minutes
Dancing	20 minutes	15 minutes	12 minutes
Football	20 minutes	15 minutes	12 minutes
Hockey, ice skating, rollerblading	22 minutes	15 minutes	10 minutes
Hiking	22 minutes	15 minutes	10 minutes
Jump rope	11 minutes	8 minutes	6 minutes
Pilates	30 minutes	22 minutes	18 minutes
Racquetball, handball, pickleball, squash	20 minutes	14 minutes	10 minutes
Running	12 minutes	10 minutes	8 minutes
Soccer	15 minutes	12 minutes	10 minutes
Stair climbing	10 minutes	8 minutes	6 minutes
Table tennis	60 minutes	20 minutes	15 minutes
Tai Chi, Yoga	30 minutes	22 minutes	18 minutes
Tennis	22 minutes	16 minutes	11 minutes
Volleyball	20 minutes	15 minutes	12 minutes
Water aerobics	24 minutes	20 minutes	18 minutes
Walking	20 minutes	15 minutes	11 minutes
Weight training	30 minutes	20 minutes	15 minutes