

– Aerobic Mile Chart –

An aerobic mile is a measure of the energy expended during exercise that is equivalent to one mile of jogging. As an example, from this chart we can see that three hours of moderate gardening activity will give the same aerobic workout as three miles of jogging.



Jogging a mile at any pace equals one aerobic mile.



Gardening for thirty minutes equals one aerobic mile.

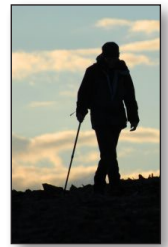


Playing vigorous volleyball for twelve minutes equals one aerobic mile.

Activity	Number of Minutes to Equal One Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic Walking to Music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics, continuous and moderate	30	20	15
Canoeing, Rowing	20	15	12
Cycling, stationary	16	13	11
Football, touch	20	15	12
Gardening, active	60	40	30
Hiking, Cross-Country & Hills	20	15	12
Golfing	30	25	20
Jogging / Running, 12-, 10-, or 8-mile pace	12	10	8
Mountain Climbing	15	12	10
Racquetball, Handball, Squash	20	15	10
Rope Skipping	11	10	8
Scuba Diving	20	15	10
Skating	20	15	12
Skiing, Cross-Country	17	12	8
Skiing, downhill	20	15	12
Soccer	15	12	10
Stair or Bench Stepping	15	13	11
Swimming	24	16	12
Table Tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24-, 20-, or 15-min/mile pace	24	20	15
Waterskiing	20	15	12
Weight Training	30	20	15



Playing moderate tennis for fifteen minutes equals one aerobic mile.



Walking one mile at any pace equals one aerobic mile.



Easy cross country skiing for seventeen minutes equals one aerobic mile.

If you are beginning to add exercise into your life, you could begin with any type of physical activity that equals six aerobic miles a week and then gradually work up to 10 or 15 aerobic miles (or more!). Here are some guidelines:

- ♦ starting to get fit: 6–7 aerobic miles per week
- ♦ to build strength and endurance: 10–15 aerobic miles a week
- ♦ to get into top shape: 20+ aerobic miles a week

