

# Aerobic Mile Chart


## How to measure and keep track of your physical activity.

**An Aerobic mile is a measure of exercise energy expended that is equal to jogging one mile.**

Aerobic miles are a way to measure the energy output in a number of different activities. An aerobic mile is equivalent to the energy expended in jogging one mile. And 2000 steps equals 1 aerobic mile. As you can see by this chart, three hours of moderate gardening will give you the same aerobic workout as jogging three miles.

If you have not been exercising at all, you should try to begin with physical activity equal to six miles a week then gradually work up to 10 or 15.

1. *Start to get fit* – 6-7 aerobic miles a week
2. *Build strength and endurance* – 10-15 aerobic miles a week
3. *To get in top shape* – 20 or more aerobic miles a week



Activity	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic exercise to music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics	30	20	15
Canoeing/rowing	20	15	12
Cycling, stationary (4, 6, 8 METS)	16	13	11
Football, touch	20	15	12
Gardening, active	60	40	30
Hiking, cross country & hills	20	15	12
Golfing, carrying bag or pulling cart	30	25	20
Jogging/Running 12-10-8 minute/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, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Stationary bicycle	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24, 20, 15 min/mile pace	24	20	15
Water skiing	20	15	12
Weight training	30	20	15