**Exercise Equivalents**

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| Activity | Actual Miles | Recorded Miles |
| Walking (4 mph) | 1 mile = | 1 mile |
| Running (5.5 mph) | 1 mile = | 1 mile |
| Cycling/Mountain Biking (13 mph) | 7 miles = | 1 mile |
| Aerobics | 15 minutes = | 1 mile |
| Stairmaster (moderate intensity) | 15 minutes = | 1 mile |
| Resistance Training (weightlifting) | 27 minutes = | 1 mile |
| Swimming (30 yds/minutes) | 1 mile = | 1 mile |

The exercise values have been estimated by average caloric burn for a 150 pound person exercising at moderate intensity levels for 30 minutes. The primary goal of *Walk Across Tennessee* is to encourage people to participate in regular activity to increase overall health. The exercise equivalents were developed so participants who enjoy activities in addition to walking can log credit for those different activities. These are estimates. Although competition with others is an excellent motivator, we encourage people to participate in *Walk Across Tennessee* to enjoy the many benefits of exercise.

**Note: Only moderate to vigorous activities that are similar to walking count in the *Walk Across Tennessee* program. Light activities such as bowling, fishing, housework, cooking and steps taken during normal activities do not count towards miles “walked.”**