

# FIT FEB

Make every metre count for Fit Feb 2024

## Activity Conversion Chart



Convert time spent exercising into kms

Use the chart to find out how many kms you cover doing different exercises or day to day activities

## Steps to miles conversion



1 step = 0.0005 miles / 0.0008 kms

10,000 steps = 5 miles / 8 kms

1 km per = 1.60934 miles

NOTE: This conversation chart is a guide only.  
Cycling distances will be halved to ensure that it is fair for each discipline.

Physical activity	kms/min	kms/10 min
Aerobics (low intensity)	0.10	1.02
Aerobics (high intensity)	0.15	1.46
Circuit training (squats, lunges, pushup, burpees, sit ups etc)	0.16	1.60
Crossfit	0.20	2.01
Dancing	0.09	0.88
Football/soccer	0.16	1.60
Golf (carrying clubs)	0.09	0.88
Hockey	0.19	1.93
Housework	0.06	0.58
HIIT	0.20	2.01
Pilates	0.07	0.73
Rowing machine	0.17	1.17
Skiing (light/moderate)	0.09	0.88
Skiing (cross-country)	0.09	0.92
Snowboarding/snowshoeing	0.15	1.46
Squash	0.28	2.80
Swimming (freestyle/ breaststroke)	0.15	1.46
Tennis	0.16	1.61
Walking, stroll	0.05	0.49
Walking , average	0.07	0.68
Walking, power	0.13	1.26
Weightlifting (light)	0.05	0.54
Weightlifting (heavy)	0.14	1.40
Yoga	0.04	0.36

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