

Activity Converter

CHOOSE YOUR FAVORITE

Activity

Time spent to equal to 1 Mile



Boxing

7 minutes



Pickleball

10 minutes



Hiking

12 minutes



Swimming

12 minutes



Rowing

13 minutes



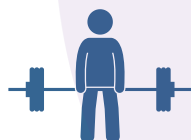
Basketball

20 minutes



Pilates

20 minutes



Working out

27 minutes

Got Questions? Contact distancechallenge@expectmiraclesfoundation.org