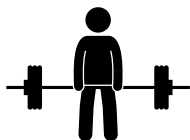

Physical Activity**Time spent to equal to 1 Mile**

**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****Cleaning****1 hour****Shopping****2 hours**