

Activity

Time spent to equal to 1 Mile



Boxing

7 minutes



**Pickleball, Tennis,
Badminton**

10 minutes



Hiking

12 minutes



Swimming

12 minutes



Rowing

8 minutes



Basketball, Volleyball

20 minutes



Horse Back Riding

20 minutes



Pilates

20 minutes



Rock Climbing

27 minutes

Activity

Time spent to equal to 1 Mile



**Orange Theory Fitness
HYDROX**

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



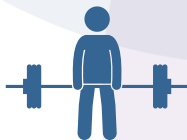
Yoga

20 minutes



Dancing

25 minutes



Working Out / Weightlifting

27 minutes



Squats

80 Squats



Hockey, Lacrosse

9 minutes