

# Activity Converter

CHOOSE YOUR FAVORITE

## Activity

Time spent to equal to 1 Mile



**Boxing**

**7 minutes**



**Pickleball / Tennis**

**10 minutes**



**Hiking**

**12 minutes**



**Swimming**

**12 minutes**



**Rowing**

**8 minutes**



**Basketball**

**20 minutes**



**Pilates**

**20 minutes**

Got Questions? Contact [distancechallenge@expectmiraclesfoundation.org](mailto:distancechallenge@expectmiraclesfoundation.org)

## Activity

Time spent to equal to 1 Mile



Orange Theory Fitness

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



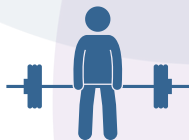
Yoga

20 minutes



Dancing

25 minutes



Working out

27 minutes



Squats

80 Squats

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