

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

Activity

Time spent to equal to 1 Mile



Orange Theory Fitness

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



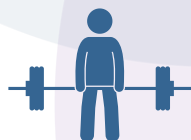
Yoga

20 minutes



Dancing

25 minutes



Working out

27 minutes



Squats

80 Squats

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