

#### **Activity Converter**

#### **CHOOSE YOUR FAVORITE**

# Activity

## Time spent to equal to 1 Mile

	Boxing	7 minutes
	Pickleball / Tennis	10 minutes
	Hiking	12 minutes
<u></u>	Swimming	12 minutes
	Rowing	13 minutes
	Basketball	20 minutes
50	Pilates	20 minutes

Got Questions? Contact distancechallenge@expectmiraclesfoundation.org



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## **Activity**

### Time spent to equal to 1 Mile

5

**Orange Theory Fitness** 

8 minutes



**HIIT Class** 

9 minutes



**Kickboxing** 

9 minutes



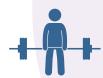
Yoga

20 minutes



**Dancing** 

25 minutes



**Working out** 

27 minutes

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