

Activity

Time spent to equal to 1 Mile



Boxing

7 minutes



Pickleball / Tennis

10 minutes



Hiking

12 minutes



Swimming

12 minutes



Rowing

13 minutes



Basketball

20 minutes



Pilates

20 minutes

Activity

Time spent to equal to 1 Mile



Orange Theory Fitness

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



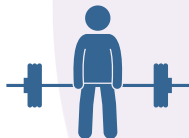
Yoga

20 minutes



Dancing

25 minutes



Working out

27 minutes