



VIRTUAL STROLL FOR LIVER

2020

How to convert your activities to kilometers...

Activity	Km per minute	Km per 20 minutes
Aerobics (low intensity)	0.10	2.0
Baseball	0.10	2.0
Basketball	0.10	2.0
Bicycling (moderate)	0.14	2.8
Circuit training	0.16	3.2
Dancing	0.09	1.8
Gardening	0.06	1.2
Elliptical trainer	0.16	3.2
Golfing (carrying clubs)	0.09	1.8
Hiking	0.19	3.8
Jump rope (moderate)	0.20	4.0
Pilates	0.07	1.4
Running (moderate)	0.18	3.6
Stair climbing (up)	0.15	3.0
Stair climbing (down)	0.06	1.2
Swimming	0.15	3.0
Trampoline	0.07	1.4
Walking (average)	0.07	1.4
Weight lifting (moderate)	0.09	1.8
Yoga	0.04	0.8