

An aerobic mile is a measure of exercise energy expended that is equal to jogging one mile
How to measure and keep track of your physical activity.

AEROBIC MILE CHART

ACTIVITY	Minutes to equal one (1) Aerobic Mile		
	<i>Pace or Intensity Easy</i>	<i>Pace or Intensity Moderate</i>	<i>Pace or Intensity Vigorous</i>
Aerobic exercise to music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics, continuous, moderate	30	20	15
Canoeing /rowing	20	15	12
Cycling, stationary	16	13	11
Football, Touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross country & hills	20	15	12
Jogging, Running (record miles)			
Mountain climbing	15	12	10
Racquetball, handball, squash	20	15	10
Rope skipping	11	10	8
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Swimming	24	16	12
Table Tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking (record miles)			
Water skiing	20	15	12
Weight Training	30	20	15

1989,2001, Wellsorce Inc, Clackamas, Oregon

Aerobic miles are a way to measure the energy output in a number of different activities. An aerobic mile is equivalent to the energy expended in jogging one mile. If you have not been exercising at all, you should try to begin with physical activity equal to 6 miles a week then gradually work up to 10 or 15. Always follow your physician's recommendations first.

Southeastern California Conference
Fitness-For-Life Exercise Log (Revised 1/2009)

Employee Name: _____ Month: _____

Participant's Name: _____ Work Location: _____

Number of Total Miles for the month: _____ e-mail: _____

YOU MUST RECORD THE TOTAL NUMBER OF MILES/DAY IN EACH BOX

Record the activity and the time spent on each activity as stated on the Aerobic Mile Chart. Incomplete logs will be returned.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

NOTE: Regular exercise is the single most effective thing we can do to improve health and delay the aging process. Increase your exercise gradually by either increasing the distance or reducing the time it takes to exercise. **On this log please list activity, time spent for each activity and convert it to miles by using the Aerobic Mile Chart.** Incomplete logs will be returned.

Submit logs to: Human Resources, Southeastern California Conference via mail or fax; PO Box 79990, Riverside, CA 92513; fax (951) 509-2395. Dead line is the 15th of the following month.

Signature: _____ *(I attest that the information listed above is true and correct)*