

# SUN LIFE RIDE TO DEFEAT DIABETES FOR JDRF KM CHALLENGE



## ACTIVITY CONVERSION CHART

The Sun Life Ride to Defeat Diabetes for JDRF Kilometre (KM) Challenge is a fun way for your company or team to support the Ride by moving work aside to a move for a cure in your own way. If cycling isn't your activity of choice, simply pick a kilometre goal as a team and set up a timeframe to track your activities using our helpful tracking sheets available in our [Resource Centre](#), and this handy activity conversion chart to track your KM Challenge success!

### Steps to Kilometres Conversion

10,000 steps = **8.05 km**

1 step = **0.0008 km**

Use the chart to find out how many kilometres you cover doing different exercise or day-to-day activities! Please note: this conversion chart is a guideline only. You may adjust your activity conversion up or down to reflect your own intensity output.

Physical Activity	km/min	km/10min
Aerobics, low intensity	0.1	1.02
Aerobics, high intensity	0.15	1.46
Aerobics, step	0.12	1.23
Badminton	0.11	1.05
Ballet dancing	0.1	0.97
Baseball	0.1	1.05
Basketball	0.1	1.05
Bicycling, easy (14 km/hr)	0.23	2.25
Bicycling, moderate (24 km/hr)	0.4	4.02
Bicycling, vigorous (32 km/hr)	0.53	5.31
Bowling	0.06	0.57
Boxing	0.18	1.79
Calisthenics	0.09	0.85
Canoeing	0.07	0.73
Cheerleading	0.08	0.8
Circuit training (squats, lunges, pushups, burpees, sit-ups, etc.)	0.16	1.6
Climbing, indoor/outdoor	0.22	2.17
Croquet	0.06	0.61
CrossFit	0.2	2.01
Dancing	0.09	0.88
Elliptical trainer	0.16	1.63
Fencing	0.15	1.46
Fishing	0.07	0.73
Football/soccer	0.16	1.6

**MOVE WORK ASIDE.  
MOVE FOR A CURE.**

## ACTIVITY CONVERSION CHART CONTINUED

Physical Activity	km/min	km/10min
Gardening/yard work	0.06	0.64
Golf (carrying clubs)	0.09	0.88
Grocery shopping	0.05	0.54
Gymnastics	0.1	0.97
Handball	0.28	2.8
HIIT	0.2	2.01
Hiking/orienteering	0.19	1.87
Hockey, field and ice	0.19	1.93
Horseback riding	0.07	0.72
Housework	0.06	0.58
Ice skating	0.07	0.68
In-line skating/rollerblading	0.15	1.53
Jumping rope (skipping), fast	0.24	2.41
Jumping rope (skipping), moderate	0.2	2.01
Kayaking	0.12	1.22
Kickboxing/MMA	0.23	2.33
Lacrosse	0.19	1.95
Martial arts	0.19	1.95
Mowing lawn	0.1	0.97
Pilates	0.07	0.73
Punching bag	0.14	1.45
Raking lawn/leaves	0.1	0.97
Racquetball	0.15	1.46
Rowing	0.12	1.18
Rugby	0.24	2.44
Running, 7 min/km	0.14	1.43
Running, 5.35 min/km	0.18	1.79
Running, 4.28 min/km	0.22	2.24
Sailing, boat and board	0.07	0.73
Shoveling snow	0.12	1.17
Skateboarding	0.08	0.82
Skiing, light/moderate	0.09	0.88
Skiing, cross-country	0.09	0.92

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**MOVE FOR A CURE.**

## ACTIVITY CONVERSION CHART CONTINUED

Physical Activity	km/min	km/10min
Sledding	0.13	1.27
Snowboarding/snowshoeing	0.15	1.46
Snowmobiling	0.09	0.85
Softball	0.12	1.22
Spinning	0.16	1.61
Squash	0.28	2.8
Stair climbing, machine	0.16	1.61
Stair climbing, down stairs	0.06	0.57
Stair climbing, up stairs	0.15	1.46
Surfing	0.07	0.73
Swimming, butterfly	0.22	2.19
Swimming, freestyle/breastroke	0.15	1.46
Swimming, treading/leisure	0.09	0.93
Table tennis	0.1	0.97
Tae Bo	0.2	2.01
Tai Chi	0.03	0.32
Tennis	0.16	1.61
Trampoline	0.07	0.72
Volleyball	0.07	0.73
Walking, stroll	0.05	0.49
Walking, average	0.07	0.68
Walking, power	0.13	1.26
Washing a car	0.06	0.57
Water aerobics	0.09	0.93
Water polo	0.24	2.44
Water skiing	0.12	1.17
Weight lifting, light	0.05	0.54
Weight lifting, heavy	0.14	1.4
Wrestling	0.12	1.17
Yoga	0.04	0.36

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