

2021

# MOVE!

Hillsborough

<b>Exercise Type</b>	<b>Easy Time = 1 mile</b>	<b>Moderate Time = 1 mile</b>	<b>Vigorous Time = 1 mile</b>
<b>Aerobic Exercise</b>	30 minutes	20 minutes	15 minutes
<b>Baseball/Softball</b>	25 minutes	20 minutes	16 minutes
<b>Basketball</b>	20 minutes	12 minutes	10 minutes
<b>Bicycling</b>	18 minutes	14 minutes	10 minutes
<b>Calisthenics</b>	30 minutes	20 minutes	15 minutes
<b>Canoeing/Rowing</b>	20 minutes	15 minutes	12 minutes
<b>Circuit Training</b>	18 minutes	15 minutes	12 minutes
<b>Cycling (Stationary)</b>	16 minutes	12 minutes	10 minutes
<b>Dancing</b>	20 minutes	15 minutes	12 minutes
<b>Elliptical Trainer</b>	18 minutes	15 minutes	12 minutes
<b>Football</b>	20 minutes	15 minutes	12 minutes
<b>Gardening</b>	60 minutes	40 minutes	30 minutes
<b>Hiking</b>	20 minutes	15 minutes	12 minutes
<b>Horseback Riding</b>	25 minutes	20 minutes	16 minutes
<b>Golfing</b>	50 minutes	35 minutes	20 minutes
<b>Jump Rope</b>	11 minutes	8 minutes	6 minutes
<b>Line Dancing</b>	30 minutes	25 minutes	20 minutes
<b>Racquetball/Handball/Squash</b>	20 minutes	15 minutes	10 minutes
<b>Pilates/Yoga/Tai Chi</b>	30 minutes	22 minutes	18 minutes
<b>Soccer</b>	15 minutes	12 minutes	10 minutes
<b>Spinning Class</b>	10 minutes	8 minutes	6 minutes
<b>Table Tennis</b>	60 minutes	30 minutes	20 minutes
<b>Tennis/Pickleball</b>	22 minutes	16 minutes	11 minutes
<b>Volleyball</b>	20 minutes	15 minutes	12 minutes
<b>Water Skiing</b>	22 minutes	16 minutes	12 minutes
<b>Water Aerobics</b>	24 minutes	20 minutes	18 minutes
<b>Weight Training/ HITT Classes</b>	30 minutes	20 minutes	15 minutes