

# RIDE FOR WISHES

## ACTIVITY CONVERSION CHART

In case you are unable to ride or don't have a bicycle but still want to be apart of *Ride for Wishes*, we have created a quick tips sheet on converting your favourite activities to kilometres.

Use the guide to log and track your personal progress through the *Ride for Wishes* website.

ACTIVITY LEVEL	SAMPLE ACTIVITIES	KM CONVERSION
<b>Level 1</b> Light Activity	Yoga, Pilates, Swimming Leisurely (i.e. treading water)	30 mins = 1.5 KM
<b>Level 2</b> Moderate Activity	Weightlifting, Rollerblading, Skipping (jump rope), Recreational Swimming (slow laps)	30 mins = 3 KM
<b>Level 3</b> High Activity	Exercise Classes (i.e. Step, Cardio Kickboxing, Body Pump), Circuit Training, HIIT, Zumba, CrossFit, Elliptical, Recreational Swimming (fast laps)	30 mins = 5 KM