

EXERCISE EQUIVALENCY CHART

In general, 1 point is given for 15 minutes of continuous *aerobic* exercise, and .5 points are awarded for *non-aerobic* exercise. All forms of exercise and stress reduction are awarded “exercise points”.

*NOTE: While some forms of activity fall into both categories, it's up to the individual to know if they are exercising at a brisk or leisurely place for their age and condition. **Elevated heart rate, breathing, and perspiration** are clues. Remember ALL forms of exercise, whether aerobic or not, have benefits in improving bone density, tone of the heart muscle, blood flow, and reducing diabetes and blood pressure, for example.*

EXAMPLES OF EXERCISE ACTIVITIES AND POINTS ASSIGNED

MAKE UP YOUR OWN LIST BASED ON THE PRINCIPLES OF LIGHT VS HARD WORKOUTS AND POINTS ASSIGNED

AEROBIC EXERCISES 1.0pt / 15 Min	NON-AEROBIC EXERCISES 0.5pts / 15 Min.
ACTIVITY	ACTIVITY
RUNNING	MEDITATION
ROWING	HOUSEWORK/COOKING (continuous)
STEP AEROBICS	YOGA
WALKING (brisk)	WALKING (leisurely)
BICYCLING (brisk)	BICYCLING (leisurely)
XC SKIING	WEIGHT LIFTING
DOWNHILL SKIING (fast pace)	BODY PUMP
DANCING	SMALL TRAMPOLINE
HORSEBACK RIDING (competition)	HORSEBACK RIDING (leisurely ride)
ROLLER SKATING (hard pace)	ROLLER SKATING (leisurely)
ICE SKATING (hard pace)	SURFING
STAIR/HILL CLIMBING	TAI CHI
COMPETITION SPORTS	DIVING
SHOPPING (power pace)	SHOPPING (normal)