



KMS FOR COMMUNITY

PART OF

MENTAL FITNESS MONTH | MAY 22

ACTIVITY CONVERSION KIT

KM CONVERSIONS FOR NON-KM GAINING ACTIVITIES - DISTANCES SHOWN FOR 30 MINUTES OF EXERCISE

Add manually via the free [Strava app](#) or via [Enthuse](#)

A

Archery – 2.25km

B

Baseball – 2.5km

Badminton – 2.75km

Basketball – 3.75km Boxing 4km

C

Canoeing – 3km

Cricket – 3km

CrossFit – 5.5km

D

Diving – 1.75km

Dancing – 2.5km

E

Elliptical (Cross-Trainer) – 3.75

F

Fencing – 2.75km

Football – 4.5km

G

Golf – 2.25

Gymnastics – 2.25km

H

Horse Riding – 2.5km Hockey – 3.75km

HITT Workout – 5.5km

I

Ice Skating – 3.75

K

Kayaking – 2.5km

Kitesurfing – 4.5km

M

Martial Arts – 3.5km

N

Netball – 3.5km

P

Pilates – 2km

R

Rounders – 2.5km

Rock Climbing – 3.25km R

oller Skating – 3.5km

Roller Skiing – 3.5km R

rowing – 3.5km

Rugby – 4.5km

S

Skateboarding – 2.75km

Snowboarding – 3km

Stand Up Paddle Boarding – 3km

Surfing – 3km

Scuba Diving – 3.5km Skiing – 3.5km

Stair Stepper – 3.5km Swimming – 3.75

Skipping (Jump Rope) – 4.75km

Squash – 5.75km

T

Trampolineing – 2.5km Tennis – 3.5km

V

Volleyball – 2km

W

Weight Training – 2.25km Workout – 3km

Windsurfing – 2.25km

Y

Yoga – 2km

Z

Zumba – 3.5km