

Make-A-Wish[®]

TRAILBLAZE FOR WISHES

ACTIVITY CONVERSION CHART



In case you are unable to get outside to walk, run, or hike but still want to be a *Trailblazer*, we have created a quick tips sheet, converting your favourite activities to kilometres. Use the guide to log and track your personal progress through the *Trailblaze for Wishes* website.

ACTIVITY LEVEL	SAMPLE ACTIVITIES	KM CONVERSION
Level 1 Light Activity	Yoga, Pilates, Swimming Leisurely (i.e. treading water)	30 mins = 1.5 KM
Level 2 Moderate Activity	Weightlifting, Rollerblading, Skipping (jump rope), Recreational Swimming (slow laps)	30 mins = 3 KM
Level 3 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

