



Walk Across Texas

It's easy to Walk Across Texas! The Texas Cooperative Extension has created a Walk Across Texas website, with valuable information and tools to support you, and an on-line tracking tool. Once you register, you can enter your miles as often as you'd like, and see how far you've walked over time.

To get started, go to: <http://walkacrosstexas.tamu.edu/>
Decide whether you'd like to keep track of your progress as an individual, or as part of a group.

Once you reach a landmark, let us know! We'd like to send you a certificate (and perhaps a small recognition gift) as you travel the following distances:

- ✓ 125 miles (Denton to Waco)
- ✓ 225 miles (Denton to Austin)
- ✓ 549 miles (Denton to Harlingen)
- ✓ 830 miles (walk across Texas)

Report your progress to Doni Van Ryswyk at 1-800-272-3921.

Remember that there are a lot of ways to stay fit. To find out what events are taking place in your area, go to the Denton County Texercise Two-Step website, located at: <http://www.texercise.com/teams/Denton.cfm>. You'll find special and on-going events posted here. You'll also find resources, fact sheets, and daily activity/exercise logs that you can print out and complete by hand.

Walking is a great way to get started, but not the only way to become more active. You can use the following chart to convert various activities to miles. Or, if you wear a pedometer, take your total number of steps and divide them by 2,000 to convert them into miles.

Activity List

	Minutes	Equivalent Miles ¹
Aerobics (moderate intensity)	30	1.0
Backpacking	30	2.25
Badminton	30	1.5
Basketball (recreational)	30	2.0
Basketball (game)	30	2.5
Bicycling (easy pace)	30	2.0
Bicycling (moderate pace)	30	2.5
Bicycling (vigorous pace)	30	3.25
Bowling	30	1.0
Circuit training	30	2.5
Cleaning house	30	1.0
Dancing, line	30	2.0
Dancing, aerobic	30	2.0
Exercise class	30	1.75
Gardening (digging)	30	2.5
Gardening (planting)	30	1.5
Gardening (raking)	30	1.0
Golfing (carrying clubs)	30	1.75
Golfing (riding in cart)	30	1.25
Fishing (sitting in boat)	30	.75
Fishing (walking along bank)	30	1.5
Mowing lawn (using push mower)	30	2.25
Painting/papering	30	1.5
Playing with children	30	1.25
Racquetball	30	2.25
Rowing	30	1.5
Shuffleboard	30	1.0
Running	30	2.5
Softball	30	1.5
Spinning	30	2.0
Stairmaster	30	2.0
Swimming (leisurely)	30	2.0
Swimming (vigorous)	30	3.25
Tai Chi	30	1.25
Tennis (singles)	30	2.5

Tennis (doubles)	30	2.0
Walking (stroll)	30	1.0
Walking (moderate pace)	30	1.5
Walking (brisk pace)	30	2.0
Washing car	30	1.5
Water aerobics	30	1.25
Weight lifting (light/moderate effort)	30	1.0
Weight lifting (vigorous effort)	30	2.0
Yard work	30	1.75
Yoga	30	1.25

This chart has been adapted from materials developed by the Texas Cooperative Extension and SilverSneakers. It has been compiled by Doni Van Ryswyk, who derived estimates.

ⁱ Please note that the distances in the far right column are estimates. They are based on the average caloric burn for a person who weighs 150 pounds. In addition, they are rounded to the nearest quarter mile. Your distance in miles may be lesser or greater depending on your weight and the intensity of your exercise.