get Fit on

Children's St. John's Hospital
In partnership with the SIU School of Medicine

KOHL'S Kids 'N Control

gen H generation Healthy

Equivalents Chart

20 minutes of recess = 1 mile
40 minutes of gym class = 2 miles
1 hour of soccer practice = 2 miles
1 hours soccer game = 2 miles
1 hour baseball practice = 2 miles
30 minutes of rollerblades = 3 miles
10 min. calisthenics "time out" = 1 mile
1 hour baseball game = 2 miles
1 hour basketball practice = 2 miles
1 hour basketball game = 2 miles
10 minutes of running = 1 mile
15 minutes of walking = 1 mile
20 minutes of swing set time = 1 mile
15 minutes of lifting weights = 1 mile
10 minutes of jump rope = 1 mile

20 minutes of bike riding = 2 miles
10 minutes skipping = 1 mile
10 minutes of jumping jacks = 1 mile
10 minutes of roller skating = 1 mile
60 minutes of swimming = 4 miles
10 "Brain Breaks", 2 min. each = 1 mile
15 minutes of martial arts = 1 mile
30 minutes of yoga = 1 mile
15 minutes of Zumba = 1 mile
15 minutes of hip hop = 1 mile
15 minutes of step = 1 mile
10 minutes of track and field = 1 mile
30 minutes of pilates = 1 mile
15 minutes of high intensity aerobics = 1 mile
25 minutes of low intensity aerobics = 1 mile

Exercise Log for:

Name_____

Step 1. Track your activities
Step 2. Log onto www.kidsncontrol.org to record your activities
Step 3. Watch as you move forward on Route 66

Date	Activity	Minutes	Miles	Initials

Cross Route 66 the healthy way with 60 minutes of exercise (or activity or fun and play) a day.

www.kidsncontrol.org