



**Alberta Health
Services**

RENAL FITNESS CHALLENGE

Mileage Conversion Matrix

Active living is important for all renal patients, and even if you aren't able to bike, or don't want to bike, there are still lots of ways you can keep active and take part in any of the regular team fitness events that take place on your dialysis unit.

Your SARP kinesiologists have developed a method to convert other forms of exercise and activity into kilometres that can be added to the team score. Take a look at the chart on this page — if you are doing any of these activities, you too can take part! These are some suggestions, but anything above and beyond normal activities of daily living can count. Talk to your kinesiologist if you have any suggestions for additional activities that you would like to contribute.

ACTIVITY	TIME	MILEAGE
Gardening	30 mins	2.5 km
Fast Continuous Walking*	30 mins	2.5 km
Yoga	30 mins	2.5 km
Strength Training	30 mins	2.5 km
Tai Chi	30 mins	2.5 km
Golf Without a Cart	30 mins	2.5 km

*If you know your exact mileage for walking or a similar activity, we will use whichever result is the longest