

## Team Carr Gomm Movement Converter

Team Carr Gomm has been created with everyone in mind. You can get involved today no matter your age or level of mobility.

The idea behind this year's campaign is to convert every single activity or exercise into miles that will then be added to our 1,000 mile virtual route around Scotland.

Any form of movement can be converted into distance. From archery and abseiling to throws of a ball or physio exercises in a wheelchair – it all counts!

See our 'A-Z of Activities' in the 'downloads' section of our website for ideas and inspiration.

Below is a list of 'movement conversions' to get you started; if you have more suggestions to add to the list, or if you would like to get involved but are not sure what you'd like to do, please get in touch and we'll come up with something together. Email [fundraising@carrgomm.org](mailto:fundraising@carrgomm.org).

Activity	Distance
1 revolution of a wheelchair	1 meter
1 leg raise	1 meter
1 throw of a ball	1 meter
2 bounces of a space hopper	1 meter
1 pull of an archery bow	10 meters
Dancing to one music track	100 steps
Abseiling from the Titan Crane	150 meters
1,609 meters	1 mile
1,760 yards	1 mile
66 laps of a 25 meter swimming pool	1 mile
1 average match of tennis	3 miles
1 hour of typical walking	3 miles
1 average round of golf	3.5 miles
10,000 steps	5 miles
1 hour of casual cycling	10 miles
The Kilwalk	23 miles/15 miles/6 miles
1 marathon	26.2 miles