

CONVERSION

INFORMATION

Compiled by

Campbell M Gold

(2009)

CMG Archives

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Baking Measure

1 Cup = 250ml = 250g

1 Teaspoon (tsp) = 5ml = 5g

1 Tablespoon (tbsp) = 20ml = 20g

Length

1 inch (in) = 25.4 millimetres (mm)

1 inch (in) = 2.54 centimetres (cm)

1 inch (in) = 0.0254 metre (m)

1 foot (ft) = 12 inches (in)

1 foot (ft) = 30.48 centimetres (cm)

1 foot (ft) = 0.3048 metre (m)

1 yard (yd) = 3 feet (ft)

1 yard (yd) = 0.914399 metre (m)

1 mile (ml) = 1760 yards (yd)

1 mile (ml) = 1.6093 kilometres (km)

1 nautical mile = 1.152 miles (ml)

1 nautical mile = 1.853 kilometre (km)

1 millimetre (mm) = 0.0394 inch (in)

1 centimetre (cm) = 10 millimetre (mm)

1 centimetre (cm) = 0.394 inch (in)

1 metre (m) = 1000 millimetres (mm)

1 metre (m) = 100 centimetre (cm)

1 metre (m) = 1.0936 yard (yd)

1 metre (m) = 39.37 inches (in)

1 kilometre (km) = 1000 metre (m)

1 kilometre (km) = 0.621 mile (ml)

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Weight

- 1 grain = 0.0648 grams (gm)
- 1 dram (dr) = 1.772 grams (gm)
- 1 ounce (oz) = 437.5 grains
- 1 ounce (oz) = 28.350 grams (gm)
- 1 pound (lb) = 16 ounces (oz)
- 1 pound (lb) = 0.453592 kilogram (kg)
- 1 stone (st) = 14 pounds (lb)
- 1 stone (st) = 6.350 kilograms (kg)
- 1 quarter (qr) = 28 pounds (lb)
- 1 quarter (qr) = 12.70 kilograms (kg)
- 4 quarters (qr) = 1 hundredweight (cwt)
- 1 hundredweight (cwt) = 8 stones (st)
- 1 hundredweight (cwt) = 50.8022 kilograms (kg)
- 1 ton = 20 hundredweight (cwt)
- 1 ton = 2,240 pounds (lb)
- 1 ton = 1016.044 kilograms (kg)
- 1 gram (g) = 0.035 ounce (oz)
- 200 grams (g) = 7.0 ounces (oz)
- 1 kilogramme (kg) = 2.205 pounds (lb)

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Liquid

- 1 fluid ounce (fl oz) = 0.0355 litres (l)
- 1 pint = 16 fluid ounces (fl oz)
- 1 pint (pt) = 0.568 litres (l)
- 1 quart (qt) = 2 pints (pt)
- 1 quart (qt) = 1.1365 litres (l)

- 1 gallon (gal) = 4 quarts (qt)
- 1 gallon (gal) = 4.546 litres (l)
- 1 litre (l) = 1.76 pints (pt)
- 1 litre (l) = 0.220 gallons (gal)
- 5 litres (l) = 8.8 pints (pt)
- 5 litres (l) = 1.1 gallons (gal)
- 10 litres (l) = 2.2 gallons (gal)
- 10 litres (l) = 2.20 gallons (gal)

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Quick Conversions

1 metre (m) = 1 yard (yd) 3 inches (in)

1 kilometre (km) = 5/8 mile (mi)

1 centimetre (cm) = 1/3 inch (in)

1 kilogram (kg) = 2 1/5 pounds (lb)

1 litre (l) = 1 3/4 pints (pt)

50 litres (l) = 11 gallons (gal)

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Kilocalories <-> Kilojoules

1 calorie = the heat required to raise 1 kg of water 1 degree centigrade, from 14.5 to 15.5 degrees centigrade. A calorie is more accurately termed a kilogram calorie or kilocalorie (kcal)

kilocalories = kilojoules / 4.2 (4.186)

1 kilocalorie = 0.2381 kilojoules

kilojoules = kilocalories x 4.2 (4.186)

1 kilojoule = 4.2 kilocalories

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Heart Rate For Aerobic Exercise

(Optimal intensity for Aerobic exercise is a training heart rate range, for at least 20 minutes, of:

(220 - your age) x 0.65 (bpm) for burning fat

(220 - your age) x 0.75 (bpm) for a good general balance

(220 - your age) x 0.85 (bpm) for cardiovascular conditioning

The average aerobic pulse ranges for various ages are:

<u>Age</u>	<u>Pulse (Heart) Rate</u>
20-29	145-164
30-39	138-156
40-49	130-148
50-59	122-140
60-69	116-132

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Centigrade <-> Fahrenheit

$$\text{centigrade} = \text{fahrenheit} - 32 \times 5 / 9$$

$$\text{fahrenheit} = \text{centigrade} \times 9 / 5 + 32$$

$$\text{kelvin} = \text{centigrade} + 273.15$$

End

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