

How to Achieve 10,000 Steps per Day!

1 Mile = 5,280 ft
1 Mile = 2000 Steps



How many steps in a mile?

One mile is equal to 5280 feet. Most people say it takes about 2000 steps for every mile. Of course everyone's stride is different. An average stride is usually somewhere between 2 and 3 feet in length. So on average it takes between 1760 and 2640 steps to complete one mile.

To measure your stride, mark a distance of 50 feet. Now walk this distance and count your steps. Divide 50 by the number of steps and that is your stride length. Now, divide 5280 by your stride length to find your "average steps per mile".

How many calories are burned walking one mile?

This will vary depending on the individual, speed walked, terrain, etc. An average is 100 calories per mile.

Find this and other great walking information at www.thewalkingsite.com.

City Parks:

Walking Path at Fairgrounds Park: **1 lap** = $\frac{3}{4}$ mile = 3960 ft
= 1584 Steps

Lakewood Link: **1 lap** = 2 miles = **4000 steps**

Forest Park 18 Holes of Golf: **1 round** = 2890 ft = **1,150 steps**

Creekside Golf Course 12 Holes: **1 round** = 1410 ft = **470 steps**



City Blocks:

1 City Block = 660 ft by 330 ft
One complete city block = 1980 ft = **790 steps**

VHS to Rogers -Lakewood

1.64 miles = 8659 ft = **3460 Steps**

Foundation Meadows to Forest Park Golf Course 1.9 miles = 2000 Steps

Library to Post Office (downtown)

1/3 mile = 1900 ft. = **760 steps**

Hiking Trails in Porter County:

Indiana Dunes Trails (Trails range in difficulty and length)

Shortest Trail : 0.75 miles = 3,960 ft = **1584 Steps**

Longest Trail: 3 miles = 15,840 ft = **6000 Steps**

Something for Everyone! Alternatives to Walking (based on CDC & ACSM guidelines):

20 minutes of the following 'light intensity' activities equals approximately 1 mile or 2000 steps!

- Vacuuming
- Gardening
- Washing your car
- Bowling
- Fishing
- Golfing

20 minutes of the following 'moderate intensity' activities equals approximately 2 miles or 4000 steps!

- Dancing
- Recreational Swimming
- Tennis
- Shoveling Snow
- Barn Cleaning

25 minutes of the following 'vigorous intensity' activities equals approximately 3 miles or 6000 steps!

- Exercise Classes
- Martial Arts
- Chopping Wood
- Competitive Dancing
- Basketball

