

# 10,000 Steps a Day

How many steps do you walk each day? Maybe you've heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to five miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people, adding steps has many health benefits. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. For example, if you currently average 3,000 steps each day, your goal for week one is 3,500 steps each day. Your week two goal is 4,000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bedtime. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day!

## DSCC Steps

<b>Building 20 basement, 2 passes:</b>	<b>1,178</b>
<b>Building 20 parking lot perimeter:</b>	<b>1,683</b>
<b>Building 21 parking lot perimeter:</b>	<b>2,057</b>
<b>Perimeter of both parking lots:</b>	<b>4,470</b>
<b>Taking the stairs from 1st floor to 7th floor in buildings 20 &amp; 21:</b>	<b>164</b>
<b>Weapons Park to the Fitness Center:</b>	<b>2,580</b>
<b>Building 20 front door to end of parking lot:</b>	<b>744</b>
<b>Building 21 front door to end of parking lot:</b>	<b>781</b>

