

## 10,000 Steps to Fitness



Did you know that fitness experts recommend that we should each walk around **10,000** steps every day in order to maintain a good level of fitness and health?\*

This sounds like a great deal of walking but you'd be amazed at how many steps you take in the course of a normal day. For example, walking from the **Campus Centre Building** to **Trinity House** takes around **220 steps**.



You don't need to do all 10,000 steps in one go and during a working day all these small journeys add up.

One method of keeping track of your daily steps is to wear a **pedometer**. This is a small device (see image on the right) that is worn on the belt and detects each step that you take.



Alternatively, I have mapped out **approximate distances in steps** for some common journeys around campus (see map below).

**Remember, being active for your health doesn't have to mean going to the gym.**

\*Source: Tudor-Locke C and Bassett DR. How Many Steps/Day Are Enough? Preliminary Pedometer Indices for Public Health. Sports Medicine 2004; 34 (1): 1-8

