

## ...what about the rest of your Family?

Maybe they don't realise that there's a simple form of exercise that almost anyone can do. It doesn't require special equipment and it's free. It can help improve confidence, stamina and life expectancy and help with weight control. It can also reduce the risk of heart disease, stroke, diabetes, stress, high blood pressure, arthritis and various other conditions. It's not a secret; it's called walking.

Many adults, during their usual activities, only walk 3,000 steps or even less each day. The British Heart Foundation, among other bodies, recommends that people should aim for 10,000 steps a day in order to build and maintain fitness—around 8 kilometres or 5 miles a day. Some people use a pedometer, which automatically counts steps, to check how active they are. Another way to check—and more fun—is to walk with someone who really knows what walking a mile feels like. That someone could be you.

## Becoming a Human Pedometer

You are going to walk exactly a kilometre around the school's 200 metre running track, on the inside lane. You will wear a pedometer to count your steps and use a stopwatch to record the time taken.

You need to repeat your measurements three times, first at a leisurely pace, then at a moderate pace and finally at a fast pace—**walking, not running**. This is because your pace length will change as well as the number of paces taken per minute. Work with a partner. Use your imagination to guide your pace:

- e.g. strolling along chatting with a friend and not in a hurry to get anywhere —leisurely pace
- e.g. going to buy your lunch, it's not urgent but you are getting hungry —moderate pace
- e.g. you are late and desperate to get to the bus stop so you aren't late for school —fast pace

Hint: Pencil entries into your table so that you can change them if you make a mistake. Complete columns A and D and do the calculations for the other columns later.

Pace	A	B=Ax5	C=Bx8/5	D	E=Dx5	F=E <sup>x</sup> 8/5
	Steps in 200m	Steps in 1 km	Steps in 1 mile	Time for 200m	Time for 1 km	Time for 1 mile
Leisurely						
Moderate						
Fast						
All times are measured in minutes and rounded to the nearest minute.						

You can then use the data in column F to help your walking companion(s) work out how fit they are.

The chart below may help you check how fit a walker is. This is just a guide, don't take it too seriously.

A man of 60 who is **slightly out of breath** walking at 4.0 mph scores 4. He is very fit.

Walking Pace (minutes per mile)	Age (years)				
	< 40	40-54	55-64	65-74	≥ 75
12	3	4	4	4	5
14	3	3	4	4	4
16	2	3	4	4	4
18	1	2	3	3	3
20	1	1	2	2	3
22	1	1	1	2	2
Key: 1-unfit, 2-just fit, 3-fit, 4-very fit, 5-sensational					

If your companion has any concerns about their health, these should be discussed with a doctor before starting an exercise programme, including walking.