

# 10 Quick Facts for Walkers

- 1 Researchers have concluded that people who burn at least 2,000 calories in conscious activity a week (climbing stairs, walking and formal exercise) show vastly better health profiles and longevity than sedentary people.
- 2 10,000 steps of walking burns roughly 300 to 450 calories each day. This means a person who averages 10,000 steps a day will, over the course of a week, end up burning 2,100 to 3,100 calories walking.
- 3 Most adults walk between 1,800 steps and 2,200 steps per mile (depending on stride length). Most children cover a mile in about 2,500 steps because their strides are shorter. So, 10,000 steps translates to about five miles a day for an adult, four miles a day for a child.
- 4 The average office worker takes about 3,000 to 5,000 steps in a typical workday. People who are sedentary may get only 1,000 steps in a day.
- 5 The average person needs to walk an additional 30 minutes daily in order to reach the 10,000-step level.
- 6 To get the most health benefit from walking, walk regularly. You should walk for at least 20 minutes three times a week to see any health benefit.
- 7 A person who wants to lose weight should walk at 3.5 to 4.5 miles per hour every day for a minimum of 30 minutes. Those who want cardiovascular fitness should aim for 4 to 5 miles per hour or faster.
- 8 Walking helps prevent heart disease and stroke by improving cholesterol levels, blood flow and heart function. It also helps reduce blood pressure and prevent adult-onset diabetes by reducing body fat.
- 9 Walking prevents bone loss and osteoporosis by promoting bone formation.
- 10 Need any other reasons to walk 10,000 steps daily? Log on to our website at [www.digiwalker.com](http://www.digiwalker.com) for more information on the DIGI-WALK 10,000 Steps Today?™ program.

Walk 10,000 steps a day for better health! Every Step Counts!™  
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