



How far do I walk in a year?

There is more than one reasonable answer to this question.

It will change from person to person and from day to day. However, we can make a reasonable estimate and show how we worked it out.



We know there are **365** days in a year, and **24** hours in a day. Around **8** hours are spent sleeping – so no walking! The other **16** may be spent standing, sitting, walking or doing exercises, depending on your routine.

If someone walks to and from work/gym/education **1,000** metres each way every day, walks **20** metres every hour while they are there and **12** metres an hour when they are not, this works out as:

$$1,000 \times 2 = 2,000 \text{ metres}$$

$$20 \times 8 = 160 \text{ metres}$$

$$12 \times 8 = 96 \text{ metres}$$

In total: $2,000 + 160 + 96 = 2,256$ metres in total every day.

Some days it might be more and some less, but we can assume it will work out about this figure on average.

$2,256 \text{ metres} \times 365 \text{ days} = 823,440 \text{ metres}$ – or around 800 kilometres.

Can you work out something like this? How far do you walk in a day, week, month or year?



Health questions

How many steps should an adult take each day?

Answer: There are different opinions on this. However, some health authorities generally recommend trying to take 7,000 steps, or 10,000 if you are trying to lose weight.

How many steps do you usually take? How many more steps could you take and how?