

Take It in Your Stride

Amazing Fact

A person who exercises fairly often, who lives to the age of 80, will roughly walk the equivalent of five times around the world.

Challenge

In a small group or with a partner, find a large space and estimate how many of your steps it would take you to reach the end of the space.

Then try it out and see how close your estimate was. Find another space and repeat. See if your estimation skills improve with practise.

| Space | Estimated Number of Strides | Actual Number of Strides |
|-------|-----------------------------|--------------------------|
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You could also try to find out:

- what an average number of steps per day is;
- how a pedometer works;
- if you can measure how many steps you take in a day;
- what the distance around the world is.