

Name: _____

Community STEP TRACKING WITH RISE VT

Have you ever wondered how many steps it would take to get to different places in your community? Well today we are going to find out. Remember, it is recommended that we get at least 10,000 steps to maintain a healthy lifestyle!

What you need: A computer to access mapquest

DETERMINE THE DISTANCE FROM YOUR HOUSE TO SCHOOL

1. My **SCHOOL** address is:

2. My **HOME** address is:

3. Using Mapquest, find out how many miles it is from your house to school.
TOTAL MILES: _____
4. To find the number of steps it would take you to walk that distance, take the total miles and multiply by 2500.
Ex. 3.4 miles X 2500 steps/mile = 8500 steps

Now that you have found this distance, let's try other areas in your community. Complete the chart below:

Location	Miles from Home	Multiplied by (x)	2500	Equals (=)	Total Steps
LIBRARY					
GROCERY STORE					
PLAYGROUND					
REC PATH OF CHOICE: _____					
LOCATION OF CHOICE: _____					