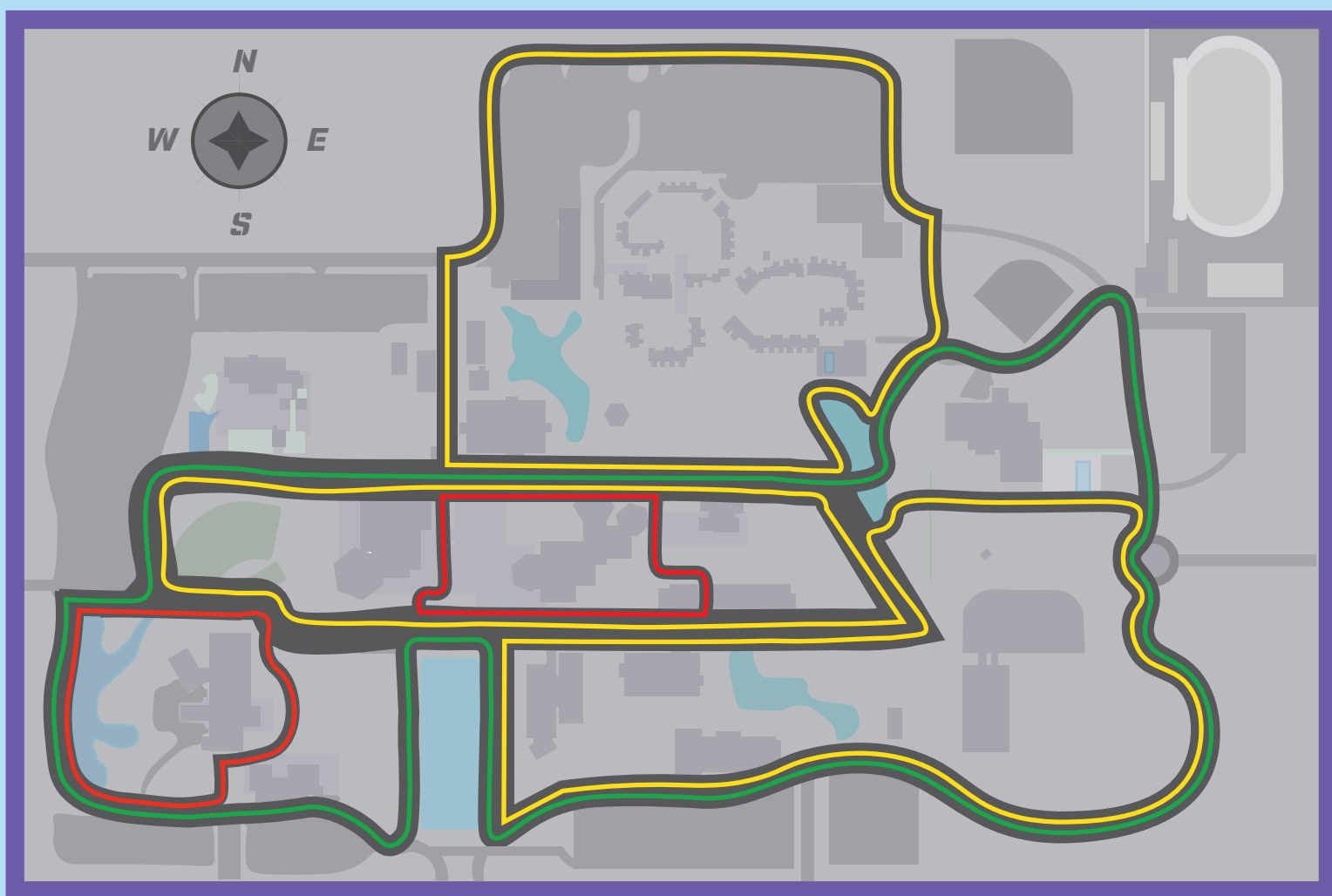




# STAN STATE WALKING MAP



0.5 Mile

1,000 steps

1 Mile

2,000 steps

2 Miles

4,000 steps

2.5 Miles

5,000 steps

You may have heard the general recommendation to walk 10,000 steps per day. How far is 10,000 steps? Considering an average person has a stride length of approximately 2.5 feet, it takes just over 2,000 steps to walk one mile; 10,000 steps would be about 5 miles.