

How to Convert Steps to Miles

You're wearing your pedometer and counting your steps. Do you want to see how many miles you're walking? Here's how to convert your personal steps to miles.

1. Wear the pedometer and walk one lap around a 400-meter track (the kind found at a high school). (If you don't have access to a track, you can drive a route, measuring a mile on your car's odometer—be sure you know exactly where to start and stop! Then walk the same route.)
2. Multiply the number of steps you take in one lap (400 meters) by 4. The result is the number of steps you take in one mile. Or, if you are walking the mile you measured on your car's odometer, just see how many steps you recorded on your pedometer.
3. Use this number to figure out total distance per day by dividing your total daily steps by the number of steps you take in one mile.

Example:

Charlotte wears her pedometer for a walk around the quarter-mile track at Central High School, and it counts 495 steps.

She multiplies 495 by four, and finds that she takes about 1980 steps per mile. She rounds up to 2000 steps to make the math easier.

Her pedometer shows she walked 9000 steps today. Charlotte divides 9000 by 2000, and gets 4.5. She walked about 4.5 miles today!

Eat Right, Walk More, Live Well!



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