



## Fife Walking Challenge

### For the month of May

This is a challenge for everyone in Fife. The aim is to walk every day in every way in the Month of May.

This year we are walking from Fife to Tokyo for the Olympics, through 31 countries to get there.

The Challenge is to walk the equivalent miles in one month in your local area. This would work out at 3 miles per day in the month of May, approx. 93miles. As it is such a long way to Japan for every 15 steps you take you will have walked the equivalent of 2 miles to Japan.

You can walk on local paths, around the school playground, in your garden, using pedometers or a step counter, round your office or a marked distance down a corridor! This challenge can be walked with wheels e.g. wheelchairs, buggies and walking frames too.

You can do this as an individual challenge if you can manage to do 3 miles of walking per day. Alternatively, get together in person or virtually with friends, family or fellow workers (remember social distancing!) to do this as a team challenge and split the distance between you.

To record your miles, we have produced a map of the world with 31 footsteps on it to represent each of the 3 miles required per day. As you complete the daily total of miles/steps colour in a footprint.

Don't worry if some days you do more or less than others. This is normal. Just colour in the miles when you have completed them.

Want to challenge yourself??

Walk 5 miles per day, which is 10000 steps. This time every 25 steps you take you will have walked the equivalent of 2 miles towards Japan.

## Fife's Walking Challenge

24978.3 miles from Fife to Japan

Remember the challenge is 3 miles per day which = 93 miles of walking in the month of May. As it's such a long way every 15 steps = 2 miles towards the 24978.3 total distance to Japan through 31 countries.

One person doing the challenge = 3 miles per day

### Or do it as a team challenge

- Two people walking = 1.5 miles per day each
- Three people walking = 1 mile per day each
- Four people walking = 0.75 miles per day each
- Five people walking = 0.6 miles per day each
- Six people walking = 0.5 miles per day each

### Steps Convertor

There are an average of 2000 steps per mile

- 500 steps = 5 minutes of walking =  $\frac{1}{4}$  mile
- 1000 steps = 10 minutes of walking =  $\frac{1}{2}$  mile
- 1500 steps = 15 minutes of walking =  $\frac{3}{4}$  mile
- 2000 steps = 20 minutes of walking = 1 mile
- 4000 steps = 40 minutes of walking = 2 miles
- 6000 steps = 1 hour of walking = 3 miles

### Other ways to achieve the miles

- Wheelchair one mile = 2000 steps
- Pushing a wheelchair for 10 minutes = 1500 steps
- Walking with a walking frame for 10 minutes = 1500 steps
- Biking for 3 miles = 2000 steps
- Jogging/running for one mile = 4000 steps