

# 10,000 Steps is a Must

**BOTTOMLINE:** That is a lot of steps (see insert). Do not be concern about that number rather just try to move. Some people like hard goals so if you want 10,000 that is fine but it is a lofty goal,. Remember any amount of steps is a positive thing. I suggest being more reasonable and shoot for 4,400 steps with a good goal of 7,500 steps, which is based on research (see below). Another more important recommendation is the 150 minutes a week of moderate aerobic activity which has has been the federal government's recommendation since 2008 or 75 minutes of vigorous-intensity aerobic activity like running, or an equivalent mix of the two every week. Be sure to do at least two full-body strength workouts per week, too. These are the goals I would like you to shoot for.

I also suggest to people to try to move all day long from sit to stand, lift arms overhead, side step, or balancing on one leg, etc. Just keep moving!

Interesting, the origins of the 10,000 number goes back to 1965, when a Japanese company made a device named *Manpo-kei*, which translates to “10,000 steps meter.” The name was a marketing tool. The 10,000 steps has become so ingrained in our health consciousness (it's often the default setting in fitness trackers). But does that number really matter. At that time no research was done to come up with that number.

A study in *JAMA Internal Medicine* answers two questions about mortality and steps: How many steps a day are associated with lowering the mortality rate? Does stepping intensity level make a difference in mortality when people take the same number of steps?

Findings

- Sedentary women averaged 2,700 steps a day.
- Women who averaged 4,400 daily steps had a 41% reduction in mortality.
- Mortality rates progressively improved before leveling off at approximately 7,500 steps per day. There were about nine fewer deaths per 1,000 person-years in the most active group compared with the least active group.

So, if mortality — death — is your major concern, this study suggests you can reap benefits from 7,500 steps a day. That's 25% fewer steps than the more common goal of 10,000 steps. The study did not look at our quality of life, or help prevent cognitive decline or physical ailments.



**We do not come close to reaching that mark.**

According to the NY Times, few of us reach that 10,000-step goal, anyway. According to [recent estimates](#), most adults in America, Canada and other Western nations average [fewer than 5,000 steps a day](#).

**10,000 Steps is a lot in my eyes.**

An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile and 10,000 steps would be **almost 5 miles**.

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