

André Fergus' Walking tips

- Anyone who is remotely serious about losing weight or improving their general health should consider using a pedometer to keep a record of the number of steps they take each day.
- By now most people have a very good idea that they should be walking some 10,000 steps a day but we still encounter a large number of people who have no idea what that means in terms of actual miles.
- The average person's step length is between 2.5 and 3 feet long.
- This means that 1 mile averages out at around 2,000 steps.
- Therefore, this means that 10,000 steps are roughly 5 miles.
- This should be the number of steps from when you get up to the end of the day.
- Even if you change clothes, you can still keep wearing your pedometer until bedtime.
- But before you get carried away with all this walking please remember to get yourself a decent pair of walking shoes from any good training store.
- Many of these places have a facility that allows you to try before you buy and to get the right pair for you.
- A huge number of posture related problems result from prolonged use of ill-fitting or inappropriate footwear.



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