Unit 3: 10,000 Steps

Example of Post 1: Initial Response

I timed myself walking 50 steps inside my house, and it took 27 seconds. Let's see how long it would take to walk 10,000 steps at that same pace.

$$\frac{50\ steps}{27\ seconds} = \frac{10{,}000\ steps}{x\ seconds}$$

$$50x = 27 * 10{,}000$$

$$50x = 270{,}000$$

$$\frac{50x}{50} = \frac{270{,}000}{50}$$

$$x = 5400\ seconds = 90\ minutes$$

There are several different ways I could accomplish this goal. I could wake up earlier in the morning and get these steps in before going to work. (But I'm NOT a morning person!) A more reasonable goal might be to take a 30-minute walk during my lunch break and then walk for an hour around the field during my son's soccer practice. It would be fun to talk with the other Moms and Dads during that time.