MM150
Unit 3: 10,000 Steps

Example of Post 2: Reply to a Classmate

I agree that getting in 90 minutes of exercise all at once during a busy day can be very challenging. You've come up with some good ideas for splitting up the time. You might also want to start out aiming for smaller goals. Let's see how long it would take you to walk 5,000 steps or 7,500 steps.

$$\frac{50 \; steps}{27 \; secs} = \frac{5,000 \; steps}{x \; seconds}$$

$$50x = 27 * 5,000$$

$$50x = 135,000$$

$$x = 2,700 \; seconds = 45 \; minutes$$

$$\frac{50 \; steps}{27 \; seconds} = \frac{7,500 \; steps}{x \; seconds}$$

$$50x = 27 * 7,500$$

$$50x = 202,000$$

$$x = 4,050 \; seconds = 67.5 \; minutes$$

You can do it! Start out just walking 15 minutes in the morning, 15 minutes at lunch time, and then 15 more minutes in the evening. Add on just a few minutes at a time, and you'll soon reach that 10,000 step goal!