



How Many Steps?

Week 4 Fitness Challenge
Longfellow Panthers

Let's get moving **Longfellow Panthers!** Week #4's fitness challenge is meant to get you out of the house to walk/run as many steps as you can throughout the day. If you or your family owns a pedometer, a device that will count your steps for you, go ahead and use it. If you do not have a pedometer, no big deal, it will just be up to you to count your own steps. It's a good thing you all have great math skills!

Each step counts as one. You may need to write your steps down throughout the day if the count starts to get high and you are having a hard time keeping track. Tally up all your steps at the end of each day and see if you can beat that total the following day. For example, if you had 1000 steps on Monday try to get more than 1000 on Tuesday. Keep track of all steps throughout the week and tally up your grand total at the end of the week. It will amaze you how many steps you take during the week!

Challenge someone in your household to see if you can take more steps than them!

Try these:

How many steps does it take to go around the block?

How many steps does it take to take your dog for a walk?

How many steps does it take to go get the mail from the mailbox?

How many steps does it take to help bring the groceries in?

How many steps does it take to go for a jog or run?

Good Luck and get your family up and moving with you!

