

## **An Average Person S Walking Speed Distance Echo Credits**

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### **An Average Person S Walking**

An average American who is simply going about their daily lives takes 3,000-4,000 steps every day, so most people walk about two miles every day without even thinking about it. Some jobs are more active than others, with mail carriers walking an average of more than 7.5 miles every day!

### **How Far Can a Person Walk in a Day? A Simple Guide**

The average walking speed of a human is 3 to 4 miles per hour, or 1 mile every 15 to 20 minutes. How fast you walk can be used as an indicator of overall health. Several variables contribute to...

### **Average Walking Speed: Pace, and Comparisons by Age and Sex**

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As children and teens, they walk an average of 12,000 to 16,000 steps per day. Young females, on the other hand, get 10,000 to 12,000. Young females, on the other hand, get 10,000 to 12,000.

## **Average Steps Per Day by Age, Gender, Occupation, and Country**

According to the University of Iowa, the average person's walking step length is 2.5 feet (30 inches), so the average stride length would be approximately 5 feet (60 inches). There are a number of...

## **Stride Length and Step Length - Healthline**

A man's average step length is approximately 31 inches and his average stride length is 62 inches. For walking programs, women are encouraged to use an average step length of 26 inches and men are encouraged to use an average step length of 30 inches for calculation purposes.

## **The Average Walking Stride Length | Livestrong.com**

It all depends on your present fitness level and what you want to accomplish. The average American walks 3,000 to 4,000 steps a day, or roughly 1.5 to 2 miles. It's a good idea to find out how many steps a day you walk now, as your own baseline.

## **10,000 steps a day: Too low? Too high? - Mayo Clinic**

The average adult's walking speed is 3 to 4 miles per hour. Factors like age, sex, and overall health can affect average walking speed. Regular brisk walks (totaling at least 150 minutes a week)...

## **Average Walking Speed by Age: How Does Yours Stack Up?**

The time it takes to run a mile depends on a person's age, sex, and fitness level, among other factors. Various strategies can help a person improve their time. Learn more about average mile ...

## **Average mile time by age and sex - Medical News Today**

Typical everyday speeds. When people walk, run, or travel in a car, their speed changes. They may speed up, slow down or

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pause for traffic. The speed at which a person can walk, run or cycle ...

## **Typical everyday speeds - Everyday motion - OCR Gateway ...**

But the average American only walks about half the recommended amount of 10,000 steps, according to Catrine Tudor-Locke, director of the Walking Behavior Laboratory at Pennington Biomedical...

## **Here's how much the average American walks every day ...**

For example, a 155-pound person burns approximately 232 calories walking at a moderate (3.5 mph) pace on a flat surface for one hour. That same person could burn up to 439 calories an hour hiking a...

## **Calories Burned Walking: 1 Mile, 1 Hour, Calculator**

The number of calories burned walking will depend on your weight, the distance and speed you walk, and the type and level of terrain. An estimate is that a 200 pound person burns 286 calories per hour walking 2.5mph (a normal speed for walking a dog) on a firm, level surface. A 140 pound person burns 200 calories in the same scenario.

## **Calories Burned Walking | Calculator & Formula | Captain**

... This growing emphasis on walking has arisen because people walk less nowadays than previously. In the UK, a Department of Transport report found that between 1995/97 and 2005 the average number of walk trips per person fell by 16%, from 292 to 245 per year. Many professionals in local authorities and the NHS are employed to halt this decline by ...

## **Walking - Wikipedia**

On average, a man's walking stride length is 2.5 feet, or 30 inches, according to Arizona State University Extension. A woman's average stride length is 2.2 feet, or 26.4 inches, reports the school. In general, people with longer legs have a greater stride length than those with shorter legs.

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## **The Average Walking Stride Length | Live Healthy - Chron.com**

Brisk walking is a highly beneficial form of exercise. Find out what a brisk walking pace is, how many calories you can burn, the technique to use, and the health benefits you can reap from ...

## **Brisk Walking: Ideal Pace, Benefits, Calories Burned**

You can do the math yourself, or you can check this heart rate chart from the AHA, which also offers target heart rate zones. If you're 35 years old, for example, your average maximum heart rate is around 185 bpm, while your target heart rate zone during exercise (50 to 85 percent of maximum heart rate) is around 93 to 157 bpm.

## **Normal Heart Rate When Walking | Livestrong.com**

Your average hiking speed will vary according to your fitness level, the steepness of the terrain, weather and whether your route requires crossing streams or other obstacles. Paul Tawrell, author of "Wilderness Camping & Hiking," cites an average pace of 2.5 to 4 mph over flat ground.

## **The Average MPH While Hiking | Livestrong.com**

The United States ranked 30th, with an average daily step count of 4,774. The researchers noticed activity inequality — that is, dramatic gaps between active and inactive people within one...

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