



How Far Did I Walk



Walking is great exercise. But just how far is a mile?

10.5 times around the track at the YMCA

2,000 steps if you are using a pedometer

2 times around the mall (including the walking the area by the main entrance and old JC Penny store) is .909 miles. 3 times is 1.36 miles and 7 times is 3.182 miles.