

Tracking your Distance and Steps

It is estimated that the average North American adult walks an average of only 2,500 to 4,000 steps per day. Health professionals recommend at least 8,000 to 10,000 steps, although this may vary based on your age and fitness level. Speak with a fitness or medical professional to determine what is best for you.

If you're easing into an active lifestyle, it's important to increase your step count gradually to avoid injury or burnout. The Mayo Clinic recommends adding 1,000 steps to your baseline every day for a week. If you are currently doing 4,000 steps per day, aim to complete 5,000 per day for week one, 6,000 per day for week two and so on.

The numbers in the following table are based on a stride length of 2.5 feet, or 0.76 metres. This is only an average used to estimate number of steps for kilometers. You may find that based on your height and individual stride length that your numbers may vary slightly.

The number of laps listed below are based on the standard outdoor track lap distance of 400 metres. Please note, occasionally, track lap distance will vary, for example, if you are using an indoor facility.

Kilometres	Approximate Steps	Number of Laps (400-metre Track)
1	1,312	2.5
2	2,624	5
3	3,937	7.5
4	5,249	10
5	6,561	12.5
6	7,874	15
7	9,186	17.5
8	10,498	20
9	11,811	22.5
10	13,126	25
11	14,435	27.5
12	15,748	30
13	17,060	32.5
14	18,372	35
15	19,685	37.5
16	20,997	40
17	22,309	42.5
18	23,622	45
19	24,934	47.5
20	26,246	50

Clarington's Trails:

Route	Kilometers	Approximate Number of Steps
Bowmanville Valley Trail	1.7	2230
Courtice Millennium Trail	1.5	1968
Bowmanville Harbour Trail	1.0	1312
Sidney Rutherford Trail	0.4	524
Soper Creek Trail (Sprucewood to Mearns)	1.8	2362
Soper Creek Trail (King to Simpson)	1.2	1578
Farewell Creek Trail	0.6	787
Bowmanville Westside Marsh	1.5	1968
Stephen's Gulch	3	3937
Enniskillen (routes combined)	5.5	7217
Long Sault (routes combined)	18	23622
Orono Crown Land (routes combined)	9.8	12860
Samuel Wilmot Nature Area	3.5	4593