

# 10,000 steps

Recently I purchased a pedometer. According to a large amount of literature, a person should try to walk 10,000 steps per day to stay healthy. That is roughly 5 miles per day. Now I thought I walked a lot every day, but apparently I'm not reaching my 10,000 steps.

If I attach the pedometer first thing in the morning, I will have 300+ steps by the time I reach my desk at work. I could try to add to that by parking farther from the door, but our parking lot is only so big. By going to get coffee, or walking to someones desk instead of e-mailing or using the phone, I can have 1,000+ steps by lunch time. That will give me around 3,000 steps when I head to my car in the evening. Only 7,000 steps to go...

I've been walking at lunch for about 20-30 minutes and that adds about 2,000 to 2,500 steps to my daily count. So only 4,500 steps left. On most days, this is almost all the steps that get counted. Even roaming through the Walmart store, or other shopping that I do, only add about 1,000 steps. Making dinner, catching up with the things I have to do at home maybe 1,000 more. So I've usually been 2,000+ steps shy of 10,000 every evening. I guess I could do less internet surfing and reading during the evening hours, but that is how I relax after the day. I'm not big on doing the exercise bit, never have been, and even though I know it would be good for me, I resist. I guess I will have to see how many steps I get when I do things like cut wood this winter. I always thought that was good exercise when I did it, but I never knew how much I walked to get the wood back to the house. I will find out soon enough...

Today there are no worries about getting my 10,000 steps in. I almost accomplished that at work today. In our work move, some of the extra furniture was stored in two meeting rooms. Today

was the day to get 1 of those rooms in order. So, by moving stuff from one place to another I managed to hit 7,000 steps by 12:00 pm today. With all of the other walking I did, I only have 500 to hit the magic 10,000 mark. And since I'm in a play, I guess I will be adding some daily pacing to my other walking activities.

Oh well, I need to be off to pick up my youngest. A few more steps out to the truck...

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## **Finding the plastic box?**

or was that a tube? Or a film container? What was the latitude?

I decided to go on a treasure hunt while my daughter was in play rehearsals. I was thinking it would be a good way to get a little exercise and play with my new GPS.

So I loaded in a bunch of geocache locations on my GPS and went to look for them. I went to the first location that I remembered finding, turned on my GPS to start looking for them. Nope, they were not in the list. I didn't get those downloaded. That should be ok, I think I wrote down the longitude and latitude on a piece of paper. Too bad I didn't bring it with me. Hmmm, this isn't going very well.

So, I decided to let my GPS guide me to one I did have on the machine. I got close, I'm sure I got very close. The GPS said I was within 20 feet as I stepped out of my truck. Ok, so this one wasn't going to be the exercise I thought it was going to be. I got out to check it out, and I was suddenly (moving physically a mere 2 feet) 50 feet away from my desired location. Step away from the truck and overhead wires, they

may be interfering with my GPS signals. Yes, two more feet and I was about 18 feet away. But which way? My GPS said to the right. North, south, east or west would have been good. I looked around and saw two likely locations for someone to hide something. I circled both locations and was constantly told the location was to the right...

Something just wasn't adding up. So I tried to look at the longitude and latitude recorded for the object and compare that to the longitude and latitude given by my little GPS. Oops, the downloaded file did not print that information on my GPS screen. Maybe I downloaded it incorrectly. It just gave me the identifying number. No descriptions, nothing. So, I guess couldn't match it by that either.

I changed my 'car' to be an arrow and circled around the two locations again. Constantly keeping my 'arrow' pointed in the directions of the objects. I think I narrowed it down to one of the objects, and I was able to pace a 15 – 20 foot circle around it. Yes, the GPS kept telling me I was 15 to 20 feet away. I moved closer and repeated the process. There were times I was 100 feet away, when 5 feet farther out I was only 15 feet away. Something was definitely interfering with the GPS. I guess I got my exercise circling one area in searching for something that I didn't have a clue as to what it looked like. I don't think I found it.

Oh well, back to the drawing board. I will arm myself with better information and try again someday. I'm also wondering if the GPS units designed for walking would give more information from the downloaded files. I guess I will need to look into that.