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In general, adults under age 60 should aim for 8,000 to 10,000 steps per day, and those older than age 60 should aim for 6,000 to 8,000 steps per day. Most Americans take between 4,000 and 5,000 steps per day, which is usually insufficient. Jump to Key Takeaways. Ten thousand steps per day is a commonly cited goal when it comes to improving your health. But factors such as age, sex, and occupation may influence the best step count for you. To determine the best step goal for most people, a meta-analysis of 15 studies published from 1999 to 2018 of 47,000 adults was performed. The researchers examined how the number of steps people take affected their disease risk and lifespan. They found that 10,000 steps per day doesn't always mean people are healthier. There is a point at which the number of steps taken per day levels off when it comes to improving health. Taking more than a certain range of steps per day doesn't lower the risk of disease or death. For adults younger than 60, 8,000 and 10,000 steps per day were associated with a decreased risk of death. For adults older than 60, 6,000 to 8,000 steps per day achieved a lowered risk of mortality. Another observational meta-analysis followed the activity levels of almost 230,000 adults (18 years of age and older) across 17 studies. This study looked at the risk of death by heart disease (cardiovascular disease). According to their findings: Taking at least 2,300 steps per day lowered the risk of death from cardiovascular disease. For every 500 more average steps per day, the risk was lowered by another 7%. For every 1,000 more average steps a day, the risk was lowered by another 15%. Walking at least 3,900 steps per day was associated with a lower risk of death from any cause. How many daily steps a person may want to take will depend on their health goals. One set of recommendations for better health for children and adults is as follows: Teens and children: A minimum of 9,000 steps per day Adults between 18 and 59: 8,000 steps per day Adults over 60: 6,000 to 8,000 steps per day For adult females between 18 and 59 years, a meta-analysis of 15 studies showed that walking between 6,000 and 8,000 steps a day has the greatest effect on lowering the risk of disease and reducing the risk of death. Walking more than this is also fine, but the study didn't show that it lowered risks further. Another study of 17,000 women 45 years of age and older looked at how daily steps related to death from any cause. The mean age in this study was 72. It showed that women who took 4,400 steps per day were much less likely to die from any cause than those who took 2,700 steps per day. The study showed that up to 7,500 steps per day is associated with a lower death rate, but increasing steps beyond that does not reduce the risk of mortality. There is less data about men than women regarding how a daily step count affects health and longevity. However, the general guidelines for recommended steps per day for adults will apply to all sexes. One older study broke out some information about steps by sex. This large analysis examined 837 articles about step data in adults between the ages of 20 and 65. It showed that men who took 12,500 steps per day had a 50% reduced prevalence of depression compared to men who took fewer than 5,000 steps per day. The same study showed that for men already taking an average of 2,000 steps per day, adding another 2,000 steps was associated with a reduced waist circumference of 1 inch (2.8 centimeters). Worldwide, about 28% of people don't get enough physical activity. Overall, 32% of women don't achieve the recommended physical activity goal, while 23% of men fail to achieve it. In general, most children do not get enough physical activity every day. Kids need twice the activity adults do. Just as its difficult to define the right or most optimal steps per day for adults, it is also challenging to determine it for children. However, one systematic review determined that between the ages of 5 and 19, children and teenagers should get 12,000 steps per day. It is unclear, however, if most children reach that goal. A 2024 research review found that studies assessing step counts for children and adolescents reported a range of 13,000 to 16,000 daily steps on average. Some studies, however, reported average steps of 10,000-13,000, and some even reported average step counts of less than 10,000 steps per day. Measuring daily steps in children may be too complex for many parents and teachers. The Centers for Disease Control and Prevention (CDC) offers a different metric. The CDC recommends 60 minutes of activity per day for children and teens between the ages of 6 and 17, but does not specify a step count. People tend to take fewer steps as they age. Children engage in more active play, both at home and in school, and take more steps while doing so. Teens tend to take fewer steps as they approach adulthood, and as school-supported physical activity decreases and then ends. According to some older studies, the average number of steps people take per day by age and sex is as follows: Boys: 12,000 to 16,000 Girls: 10,000 to 13,000 Adolescents up to age 18 years: 8,000 to 9,000 Adults: 6,500 Some paid or volunteer occupations lend themselves to higher step counts during work. One study compared office workers with delivery workers. All wore pedometers to measure their daily step counts. The more time people spend sitting, the higher their waist circumference and cholesterol levels are. People in this study who had metabolic syndrome took fewer steps. Metabolic syndrome is defined as having a combination of conditions, including high blood pressure, high blood sugar, abnormal levels of cholesterol and fat in the blood, and excess abdominal fat. Metabolic syndrome raises the risk of heart disease, type 2 diabetes, and stroke. A 2016 Bureau of Labor Statistics report noted that people in these occupations spend most of their workday standing or walking as opposed to sitting: Wait staff: 96% Welders, cutters, and welder fitters: 90% Retail salespeople: 89% Electricians: 88% Pharmacists: 78% Elementary school teachers: 75% Physical therapists: 73% Childcare workers: 68% You can increase your activity in ways that are convenient to your lifestyle. People may find it challenging to get in 10,000 steps per day. Focusing on getting in enough steps may mean being creative and making time for walking or running daily. Some ideas include: Cut back on social media: Many people spend about two hours on social media daily, which could be spent walking (or doing both at the same time if using a treadmill). Engage with a group: Combining a social activity with a physical one can help you meet goals. Look for ways to join a physical activity or sport with a faith-based, community, or charitable group. Find some motivation: Meeting a friend to walk with or listening to upbeat music while on the treadmill are two ways to help you find the motivation to get the steps in each day. Make personal goals: Set some goals for increasing activity during the day or week. A simple goal can be taking a walk three or more days a week. A more ambitious goal could be training for a charity walk or run. Set a schedule: Marking off time each day can help you get enough steps or meet other fitness goals. Take multiple walk breaks: The recommended 30 minutes of activity a day need not be done all at once, but rather could be done in increments throughout the day. Think about multitasking: Walking or biking to work or school, or while running errands, is a way to accomplish a task while incorporating physical activity. Try activities other than walking: Steps can be acquired in ways other than walking, such as running, walking up steps, and dancing. Keeping track of steps can help people increase their activity levels, especially when they also set goals. Walk a dog: Walking your dog or offering to walk a dog for a friend can help you take more daily steps. The number of calories any particular person burns during activity depends on a number of factors, including age, weight, muscle mass, how many steps a person takes per mile, and whether walking is done at a slow, moderate, or vigorous pace. In general, a person who weighs 160 pounds walking at a moderate pace of 2.5 miles per hour will burn about 200 calories per hour. It may take two to three hours to walk 10,000 steps at this pace, burning between 400 and 600 calories. People who weigh more or walk faster will burn more calories. People who live with a disability from trauma, birth, or chronic illness also benefit from becoming more active. However, it may take more effort, creativity, and thought, especially for those with reduced mobility. People who live with a health condition should consult their healthcare providers when starting or making changes to activity levels. The Department of Health and Human Services recommends that people who live with a disability engage in strength training when possible. Doing an activity that involves all the major muscle groups at least two days a week may have health benefits. In addition, at least 150 minutes of moderate-intensity exercise is also advised, and even more time and greater intensity, when possible. Asking others to help in meeting activity goals may be the key to achieving them. Friends, family, community members, and other care partners are often ready and willing to help if they're given instructions on how to do so. The goal is to avoid inactivity whenever possible. While this might not always be realistic or feasible, people who live with a disability benefit from physical activity as much as anyone else does. Verywell Health acknowledges that sex and gender are related concepts, but they are not the same. To accurately reflect our sources, this article uses terms like female, male, woman, and man as the sources use them. Most adults should increase their daily step totals if they take fewer than 7,500 steps. But, health benefits level off before reaching 10,000 steps. Children and teens should get about 12,000 steps per day. For women, walking between 6,000 and 8,000 steps a day lowers the risk of disease and all-cause mortality. Data on optimal step counts for men is scarce, but suggests that walking at least 4,000 steps per day provides some health benefits. Skip to main content Steps official website. Visit for the latest news, tour dates, browse the photo gallery, listen to Steps's music, and watch videos. Sony Music Entertainment UK Ltd. | Privacy & Cookie Policy Steps are one of the 90s' most well-known pop acts who scored an impressive 13 Top 5 singles in a row. They debuted on the Official Chart in 1997 with line-dancing-inspired 5.6.7.8. Their big hits include Tragedy (their first UK Number 1 single), along with the chart-topping Stomp and Number 2 hit Deeper Shade of Blue. Steps members comprise Claire Richards, Ian 'H' Watkins, Faye Tozer, Lisa Scott-Lee and Lee Latchford-Evans. During their time together Steps amassed two Number 1 singles and four Number 1 albums, their chart-topping albums include 1999's Septacular, 2001 hits collection Gold, 2011's The Ultimate Collection and 2022's Platinum Collection. The group initially disbanded in December 2001 and H and Claire formed a duo, before all of them got back together for a Sky Living documentary 'Steps Reunion' in 2011, a greatest hits collection and tour. In August 2022, their Platinum Collection album debuted at Number 1 on the Official Albums Chart, making Steps the first British, mixed-gender group to achieve four Number 1 albums in four different decades. Claire Richards has also release two Top 10 solo studio albums - 2019's My Wildest Dreams and 2023's Number 2-peaking Euphoria.UK No.1s2UK Top 10s14UK Top 40s16UK Top 75s16Weeks at No.12Weeks in the Top 1052Weeks in the Top 40132Weeks in the Top 75206UK No.1s4UK Top 10s9UK Top 40s11UK Top 75s12Weeks at No.19Weeks in the Top 1060Weeks in the Top 40163Weeks in the Top 75229 view as list view as cards 5.6,7,8STEPS LAST THING ON MY MINDSTEPS ONE FOR SORROWSTEPS HEARTBEAT/TRAGEDYSTEPSPeak: 1, Weeks: 30, Weeks No. 1: 1 BETTER BEST FORGOTTENSTEPS LOVE'S GOT A HOLD ON MY HEARTSTEPS AFTER THE LOVE HAS GONESTEPS DEEPER SHADE OF BLUESTEPS WHEN I SAID GOODBYE/SUMMER OF LOVESTEPS STOMPSTEPSPeak: 1, Weeks: 12, Weeks No. 1: 1 THE WAY YOU MAKE ME FEELSTEPS HERE AND NOW/YOULL BE SORRYSTEPS CHAIN REACTION/ONE FOR SORROWSTEPS LIGHT UP THE WORLDSTEPS SCARED OF THE DARKSTEPS view as list view as cards STEP ONESTEPS STEPTACULARSTEPSPeak: 1, Weeks: 66, Weeks No. 1: 4 BUZZSTEPS GOLD - THE GREATEST HITSSTEPSPeak: 1, Weeks: 22, Weeks No. 1: 3 THE LAST DANCESTEPS THE ULTIMATE COLLECTIONSTEPSPeak: 1, Weeks: 37, Weeks No. 1: 1 LIGHT UP THE WORLDSTEPS TEARS ON THE DANCEFLOORSTEPS WHAT THE FUTURE HOLDSSTEPS WHAT THE FUTURE HOLDS - PT 2STEPS PLATINUM COLLECTIONSTEPSPeak: 1, Weeks: 3, Weeks No. 1: 1 view as list view as cards SCARED OF THE DARKSTEPS WHAT THE FUTURE HOLDSSTEPS THE SLIGHTEST TOUCHSTEPSPlease note, the data displayed for this chart reflects the title's midweek position only, peak positions on this chart also relate to midweek chart positions. Official Singles Chart Update data available on officialcharts.com goes back to October 2014. view as list view as cards SCARED OF THE DARKSTEPS STORY OF A HEARTSTEPS DANCING WITH A BROKEN HEARTSTEPS WHAT THE FUTURE HOLDSSTEPS UNDER MY SKINSTEPS SOMETHING IN YOUR EYESSTEPS HOLD MY HEARTSTEPS TO THE BEAT OF MY HEARTSTEPS TAKE ME FOR A RIDESTEPS THE SLIGHTEST TOUCHSTEPS STEPS MEGAMIXSTEPS HARD 2 FORGETSTEPS THE RUNNERSTEPS DEEPER SHADE OF BLUESTEPS view as list view as cards SCARED OF THE DARKSTEPS STORY OF A HEARTSTEPS DANCING WITH A BROKEN HEARTSTEPS WHAT THE FUTURE HOLDSSTEPS UNDER MY SKINSTEPS SOMETHING IN YOUR EYESSTEPS HOLD MY HEARTSTEPS TO THE BEAT OF MY HEARTSTEPS TAKE ME FOR A RIDESTEPS THE SLIGHTEST TOUCHSTEPS A HUNDRED YEARS OF WINTERSTEPS STEPS MEGAMIXSTEPS HARD 2 FORGETSTEPS THE RUNNERSTEPS DEEPER SHADE OF BLUESTEPS view as list view as cards 5.6,7,8STEPS LAST THING ON MY MINDSTEPS ONE FOR SORROWSTEPS HEARTBEAT/TRAGEDYSTEPSPeak: 1, Weeks: 30, Weeks No. 1: 1 BETTER BEST FORGOTTENSTEPS LOVE'S GOT A HOLD ON MY HEARTSTEPS AFTER THE LOVE HAS GONESTEPS DEEPER SHADE OF BLUESTEPS WHEN I SAID GOODBYE/SUMMER OF LOVESTEPS STOMPSTEPSPeak: 1, Weeks: 12, Weeks No. 1: 1 THE WAY YOU MAKE ME FEELSTEPS HERE AND NOW/YOULL BE SORRYSTEPS CHAIN REACTION/ONE FOR SORROWSTEPS view as list view as cards THE ULTIMATE COLLECTIONSTEPS TEARS ON THE DANCEFLOORSTEPSPeak: 1, Weeks: 17, Weeks No. 1: 1 WHAT THE FUTURE HOLDSSTEPS WHAT THE FUTURE HOLDS - PT 2STEPS PLATINUM COLLECTIONSTEPSPeak: 1, Weeks: 4, Weeks No. 1: 1 WHAT THE FUTURE HOLDS - LIVESTEPS STEP ONESTEPS STEPTACULARSTEPS BUZZSTEPSPlease note, the data displayed for this chart reflects the title's midweek position only, peak positions on this chart also relate to midweek chart positions. 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It is situated in the north-eastern part of Kuala Lumpur and has an area of 160km2. The northern limit of Setapak is Gunung Bunga Buah; its north-eastern limit is Gunung Bidai; to the east is Bukit Dinding and to the south-east is the Padang Tembak.Coordinates:312°13'N 10143°28'E3.20361N 101.72444ELOKASI Setapakmerupakan sebuah sub-bandar utama di Kuala Lumpur, Malaysia. Setapak terletak di bahagian timur laut Kuala Lumpur dan meliputi kawasan seluas 160 km2. Sempadan utara Setapak ialah Gunung Bunga Buah; sempadan timur lautnya ialah Gunung Bidai; ke arah timur ialah Bukit Dinding dan ke arah tenggara ialah Padang Tembak.Koordinat:312°13'N 10143°28'E3.20361N 101.72444E TOPONYMYn Malay tapak means 'step' and setapak means 'one step', probably referring to the close proximity of the suburb to Kuala Lumpur. Another explanation of the origin of its names traces to its historical roots. The earliest inhabitants of Setapak were the aborigines and the Minangkabaus. On 12th April 1884, the Frank Swettenham, the Resident of Selangor pleaded for the re-appointment of Batu Tapak as the headman of the aborigines living in that area, and hence the name Setapak, in honour of the headman. TOPONOMI 'Setapak' dinamakan sedemikian barangkali kerana lokasinya yang amat dekat dengan Kuala Lumpur. Terdapat juga pendapat yang mengatakan bahawa asal usul nama kawasan ini boleh dijelaskan berdasarkan sejarahnya. Menurut pendapat ini, penduduk Setapak terawal ialah orang asli dan orang Minangkabau dan pada 12 April 1884, Residen Selangor Frank Swettenham merayu supaya Batu Tapak dilantik semula sebagai ketua kampung bagi komuniti orang asli yang tinggal di kawasan tersebut. Oleh itu, nama Setapak diberi, sebagai penghormatan bagi ketua kampung tersebut. ATTRACTION TheTitiwangsa Recreational Parkis located just south of Setapak. Loke YewHill is a place of major historical interest in this town. Named after the Chinese philanthropist, this hill contains ruins of a fortress surrounding the dilapidated villa which belonged to the Loke family. It is also the burial ground for the Loke family. In 1961 the Zoological society was formed, and theNational Zoo of Malaysia(Zoo Negara) in Setapak was officially opened by the Prime Minister on 16th November 1963. The Zoo is situated about 13 kilometers from Kuala Lumpur, en route to Ulu Klang and situated on a 42-acre (17ha) semi-virgin jungle with a reserve of 100 acres (40ha) for further development. Other attractions include the P. Ramlee Memorial located at Taman P. Ramlee (formerly Taman Forlong) and Setapak Hot Springs. TARIKAN Taman Rekreati Titiwangsa terletak di selatan Setapak. Loke Yew Hill ialah tempat bersejarah utama yang menarik di pekan ini. Dinamakan sempena dermawan Cina Wong Loke Yew, bukit ini mengandungi puing-puing kubu yang mengelilingi vila usang yang dimiliki oleh keluarga Loke. Pada tahun 1961 persatuan zoologi ditubuhkan, dan Zoo Negara di Setapak dengan rasminya dibuka oleh Perdana Menteri pada 16 November 1963. Zoo tersebut terletak kira-kira 13 kilometer dari Kuala Lumpur, dalam perjalanan menuju ke Ulu Klang dan terletak di atas 42 ekar (17 ha) hutan separa-dara dengan tanah rizab seluas 100 ekar (40 ha) untuk pembangunan lanjut.Tarikan lain termasuklah Memorial P. Ramlee ynag terletak di Taman P. Ramlee (dahulunya Taman Forlong) dan Kolam Air Panas Setapak. OTHER INTERESTING PLACES IN KUALA LUMPUR

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