



# Get Moving!

## Ferry County Wellness Program

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### How to measure your step or stride

#### Guest Author - Helle T.

A stride is usually the distance travelled by one right leg and one left leg step so this is two steps.

However a stride confusingly can also mean the same as a step! This means the distance from where you lift one foot off the ground to where you put it down again.

In this article I take a stride as 2 steps and your step length is just one step

To find your stride length just double your step length.

So to make it easy here is how you measure your step.

You have to measure the distance that is travelled forward by just one of your legs.

One way is to make clear footprints in bare feet on a hard surface and then you measure from the beginning of the heel of one foot to the start of the heel print of your other foot.

But we don't all want to walk about in bare feet - it might be too cold!

So go outside with your walking shoes on and if possible get a friend to help you.

Walk on level ground - maybe on your driveway or the sidewalk/pavement. To get an average step length you need to have taken at least ten steps before you start to measure one.

Mark on the ground with a cane (or other marker) where your heel started to lift off the ground and then put another

cane or marker where the heel is placed down again. Then all you do is measure the distance between the two canes.

Another way you can measure your step is to walk a known distance say of 50 or 100 feet - you need to walk a reasonable distance to get a fair average. As you walk this distance - count your steps - you can do this or a friend or you could use a pedometer. Divide the 50 to 100 feet by the number of steps you have taken and the result will be your step length.

Another simple way is to walk normally over a measured 10 foot distance - again this could be done on a driveway or pavement. Count how many steps it takes you to cover the 10 foot distance.

Then all you need to do is divide the 10 feet by the number of steps you took. You can count half steps to make it more accurate.

Your answer will be your step length.

Everyone's stride or step length varies due to our different leg lengths and heights. The average is taken as 2.2 feet for a woman and 2.5 feet for a man. Work out yours to see how close you are to the average.

Another way you can estimate your step length  
 Women = height x .413 equals your step length.  
 Men = height x .415 equals your step length.

Average number of steps (that is the distance that is travelled forward by just one of your legs.)

500 steps = ¼ mile,  
 1000 steps = ½ mile,  
 2000 steps = 1 mile

10,000 steps = 5 miles

The daily recommended number of steps for a healthy adult is 10,000.

Remember do not walk with your head bent forward and eyes gazing down - walk with your chin up and your shoulders held slightly back, with your feet pointed forwards in the direction you are going.

Here is another way if you feel you can walk a mile easily and need to check your pedometer.

Find a road with a path/sidewalk beside it and travel down it for one mile. First carefully setting your milometer and noting exactly where one mile starts and finishes.

Then walk that same distance with your pedometer on. If your pedometer tells you that you have walked 2 miles then your pedometer needed to know your step length i.e. one step not your stride length.

If your pedometer tells you that you have walked just half a mile then it doesn't want to know your step length but your stride length i.e. two steps.

Find out more about the [average walking pace](#) and how to tell if you are [walking briskly](#)

Enjoy your walking



### Sunburn - Home Treatment

Home treatment measures may provide some relief from a mild sunburn.

Use cool cloths on sunburned areas.

Take frequent cool showers or baths.

Apply soothing lotions that contain aloe vera to sunburned areas. Topical steroids (such as [1% hydrocortisone cream](#)) may also help with sunburn pain and swelling. **Note:** Do not use the cream on children younger than age 2 unless your doctor tells you to. Do not use in the rectal or vaginal area in children younger than age 12 unless your doctor tells you to.

A sunburn can cause a mild fever and a headache. Lie down in a cool, quiet room to relieve the headache. A headache may be caused by [dehydration](#), so drinking fluids may help. For more information, see the topic [Dehydration](#).

There is little you can do to stop skin from peeling after a sunburn-it is part of the healing process. Lotion may help relieve the itching.

[Other home treatment measures](#), such as chamomile, may help relieve your sunburn symptoms.

## Ferry County Wellness Program

350 E. Delaware Ave. #8  
Republic, WA 99166

Phone: 509-775-5223  
Fax: 509-775-5226  
E-mail: pwacct@co.ferry.wa.us

[www.ferry-county.com](http://www.ferry-county.com)

To sustain and improve the health and productivity of Ferry County Employees



The Wellness Committee would like to wish all employees Good Luck with the Pedometer Challenge. We hope that everyone is enjoying their pedometers. Also, don't forget to check the county web page under the wellness program for weekly competition standings. We will post the top 10 results.

No Cheating. In the end your only cheating yourself and the Karma bug will come back and get you.

If you are participating in the pedometer challenge remember that you can go online to the WHF website under team 1 for Ferry County and log your miles/steps.

## Home Remedies for Sore Muscles

Muscle soreness generally occurs when the muscle is engaged in certain activities. Muscle soreness thus occurs due to sports, exercise, work, travel, or daily activities.

### Causes of soreness in muscles

Whenever you engage in strenuous physical activity, like that of lifting weights, going for a jog, or simply moving a heavy piece of furniture, you create microscopic tears in your muscle tissue.

### Home remedies to treat sore muscles

Below are some easy and effective home remedies for sore muscles.

- Apply an ice pack for 20 minutes to any area that is affected. Repeat this every hour until the pain subsides.
- If you stretch the area gently then it will release the lactic acid that causes pain.
- You have to drink at least 8 glasses of water daily to keep you body hydrated.
- Do not do strenuous work when you are in pain.

### Herbal remedies for sore muscles

Below are common herbs that can be very effective in healing sore muscles

#### Lavender

It is mainly used for its antiseptic properties and very helpful in healing muscle sores.

#### Menthol

This local anesthetic and counter-irritant properties, and helps in cooling the affected area.

#### Neem

The oil - also known as margosa oil, is very lubricating and penetrating oil. It is considered supremely "healing" oil useful for painful joints and muscles.

### Homeopathic remedies for sore muscles

The common homeopathic medicines for treating sore muscles are - Arnica Vomica 30 and Rus Tox Vomica 300. You should consult an expert homeopathic physician to know the dosage.

### When to consult a doctor

In case of unbearable pain do consult your family physician immediately.



Have Fun and Be Safe!