



# Fun Facts about....

## Walking



### The Human Body

- One quarter of all the bones in the human body are found in the feet.
- Walking increases blood flow to the brain and improves your mood.
- The average human walking speed is 3.1 miles (5km) per hour
- You need to use 200 muscles in your body to walk
- Left handed people are generally left footed as well. They also tend to put their left foot forward first when they walk.
- The record for the person with the biggest feet in the world is held by an American, called Robert Wadlow. His feet were 47cm long and he took size 37 shoes!
- The average person walks the equivalent of three and a half times around the earth in a lifetime. If you walk around 8,000 steps a day and live an average lifespan, you'll walk over 100,000 miles That's enough to circle the globe four times!
- If you walked at a steady speed of 5kph (3 mph) non-stop day and night, it would take you a whole year to walk round the equator - a distance of 40,000 km (25,000 miles).
- The human body is made up of 206 bones and Did you know 52 (out of 206 ) of bones in your body are found in your feet ( 2 x 26). Your foot also has 33 joints and over 100 muscles, ligaments, and tendons. All to make you walk.

### Did you know...

- The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years.
- About 1 in 4 children sleepwalk at least once between the ages of 7 to 12!
- It is against the law to take your shoes off if you have smelly feet in a theatre in Winnetka, Illinois.
- The first person to walk on the moon was the American astronaut, Neil Armstrong. He set foot on the lunar surface at 3.56am BST on 21st July 1969



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### Animal Facts

- Different animals use different parts of their feet for locomotion, or moving around . Some animals walk on the soles of their feet. Others move around on their toenails, known as hooves. And some move around on their toes.
- What do you have in common with a black bear? Well you both walk the same way! You are both types of animals which walk on the entire sole of your foot. Your foot and the hind feet of the bear heel both touches the ground first when walking . Stand up and try it out!
- Cats walk on their paws, and keep their claws retracted to keep them sharp. Dogs walk on their claws - so if you see a footprint with claws, it is likely to be a dog.
- The mudskipper is a fish that can actually walk on land!
- Chickens, pigeons, cranes, quails, and at least eight of the 27 families of birds bob their head when they walk. Researchers suggest that they do this because head bobbing helps with balance, provides depth perception, and sharpens their vision
- Walking sticks, or stick insects, are a group of highly camouflaged insects. They escape predation by blending into plant material. As their name suggests, they look just like sticks, and may even sway back and forth to more closely resemble a twig moving in the wind
- Did you know elephants walk around on their tiptoes like ballerinas? Their feet have evolved to this design to help make their legs stronger to help them become the biggest land mammal.
- Imagine walking barefoot in January! Animals do. Their feet have special adaptations to keep them warm. Fur between lynx toes act like wool socks and snowshoes, helping them to walk on snow

### Maths Facts

- The number of steps you take depends on your step length. This is the distance you move with each step. To find out how many steps you take in a Kilometre just measure your step length with a measuring tape in metres and complete the following equation:

$$\text{Number of steps} = 1000\text{m}/\text{Step Length (m)}$$