- Walking

Kids on the move take up to 30k steps a day

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A GLOBAL study has proved what every parent knows... keeping up with a toddler is not easy.
Kids aged three and four take more than 18,500 steps a day on average, with the most active clocking up almost 30,000.
Researchers found “substantial variation” based on geography, gender and socioeconomic factors in the study of 3,570 children from 44 countries.
Daily steps ranged from 1,124 for the least active to 29,320 for the most active, with a median of 18,542.
Boys tended to record more steps, while children in low to middle-income countries and those living in rural areas also took more steps compared with youngsters in high-income countries and urban areas.
Researchers said the findings, published in the Lancet Child & Adolescent Health, “highlight the importance of considering socioeconomic, environmental and geographical contexts when interpreting physical activity levels in young children”.
They said future studies should examine how patterns in daily steps may influence health.
And they added: “Because step count measurements are simple and potentially scalable, they could represent a practical complementary metric for translating physical activity research into public health messages and surveillance systems.
“However, unlike in older children and adults, movement behaviours in preschool-aged children are strongly influenced by parents and caregivers, who play a central role in shaping opportunities and routines for daily activity.”