Ten Thousand Steps For Your Health... But Why?

By Ana-Marija Dolaskie — July 13, 2017

Our smartphone health apps and pedometers encourage us to aim for 10,000 steps per day. But why? Where does the number come from?

Source URL: https://www.acsh.org/news/2017/07/13/ten-thousand-steps-your-health-why-11550