



# Healthy Kids Club

## HOW TO USE MICHIGAN MILEAGE MAP

Using the [Michigan Mileage Map](#) can be easy and fun for everyone!

### How to use the Michigan Mileage Map:

- During mileage lap time, students should receive something to track each lap
  - Mileage tracking bracelets.
- After mileage lap time, have each student count how many bracelets (laps) they have and convert the total number of laps into feet.
  - \*Note that 1 lap in a gym with a standard-size basketball court is about 280 feet.\**
  - Do this by multiplying the length of one lap by the total number of laps
    - (For example 200 laps X 280 ft.= 56,000 total laps in ft.)
- Then convert the total laps in feet into miles by using the conversion of 5,280 ft. = 1 mile.
  - (For example: 56,000 laps / 5,280 ft.= 10.6 miles.)
- You can also use the estimated conversions below:
  - 19 laps in a gymnasium or lunchroom equal 1 mile.
  - 4 laps on a field similar to a football field's length equal 1 mile.
- Lastly, pick a start city and a goal city, and use the mile indicator and ruler to measure your steps from city to city by adding up the miles from your Healthy Kids Club sessions.

click here!



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