

## Additional Lesson Resources

### STEPS TRACKER EXTENSION ACTIVITY

The “steps tracker” extension may be engaging, yet there are concerns with this portion since not everyone travels via walking. If you choose to do this activity, here are some helpful resources:

- Article: News-Medical, “How Do Wearable Fitness Trackers Measure Steps?” by Cashmere Lashkari, B.Sc. <https://www.news-medical.net/health/How-do-wearable-fitness-trackers-measure-steps.aspx>
- Article: Lifewire, “How Does Fitbit Track Steps?” by Kat Aoki, December 2, 2020. <https://www.lifewire.com/how-does-fitbit-track-steps-4774295>
- Article: Healthline, “How to Calculate Stride Length and Step Length,” <https://www.healthline.com/health/stride-length>
- Article: Wikihow, “How to Measure Stride Length,” [https://www.wikihow.com/Measure-Stride-Length#:~:text=When%20you%20know%20your%20total,0.89%20metres%20\(2.9%20ft\)](https://www.wikihow.com/Measure-Stride-Length#:~:text=When%20you%20know%20your%20total,0.89%20metres%20(2.9%20ft))

#### Videos and Articles

- YouTube video: The Obama White House, “Eliminating Food Deserts in America,” <https://www.youtube.com/watch?v=8My-iWjTBQ8&t=4s>
- Article: NPR, “How to Find a Food Desert Near You” by Nancy Shute, March 13, 2013. <https://www.npr.org/sections/thesalt/2013/03/13/174112591/how-to-find-a-food-desert-near-you>
- ArcGIS story map: “Food Deserts in America,” <https://www.arcgis.com/apps/MapSeries/index.html?appid=2266024e097e4a0d86a6ae028a183dff>
- Website: IMPAQ, “Barriers to Food Access Locator,” <https://impaqint.com/barriers-food-access-locator>