



10,000 STEPS

How far are 10,000 steps? If you have an average stride (approximately 2.5 feet, it takes a little over 2,000 steps to walk one mile. Many sedentary people only average about 2,000 to 3,000 steps a day. Adding steps has many health benefits:

- ❖ Weight control
- ❖ Improved blood pressure and cholesterol levels
- ❖ Decrease in risk of cancer, diabetes, osteoporosis and heart disease

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until it is time for bed at night. Record your daily steps and at the end of the week take an average of your daily steps.

A good goal is to increase your average daily steps each week by 500 per day until you reach the 10,000 step goal.

Here are a few easy ways to increase your daily steps:

- ❖ Take a walk with your spouse, child or friend
- ❖ Walk the dog
- ❖ Use the stairs instead of the elevator
- ❖ Park further from the store or walk to the store
- ❖ Get up to change the channel and turn the television off
- ❖ Window shop
- ❖ Plan a date to mall walk
- ❖ Plan a walking meeting
- ❖ Walk to a friend's home
- ❖ Get outside to walk around the garden or do some weeding

