



Get Moving: Add Steps to Your Day

Walking is convenient, inexpensive, and something you already know how to do. Go at your own pace and set your own goals.

Regular walkers are less likely to get heart disease, stroke, diabetes, some cancers, and other diseases. They often live longer and enjoy better physical and mental health.

Make a plan

When can you add walking to your schedule? Are you able to:

- Take short breaks in the day?
- Go for a walk, instead of meeting a friend for coffee?
- Wake up a little earlier in the morning?
- Get a comfortable pair of walking shoes?

Try a step counter

Using a step counter can be a great way to get and stay motivated. Devices such as a pedometer, wearable fitness tracker, or app sense your body's motion and count your footsteps.

Set goals

Try using your step counter for one week. Record your steps each day (see chart on page 2). With a little extra effort, many people can walk 2,000 to 4,000 steps in a normal day. Try these tips:

- Add an extra 50 to 100 steps per day after your first week.
- Gradually increase your walking speed or the time you walk.

Work toward taking 10,000 steps every day. Do your best and don't be discouraged. With persistence, you can get there!

Add steps to your day

A simple walk down your driveway to get the mail can add 100 steps to your daily count. You can also add steps by:

- Doing simple errands on foot.
- Breaking up activities into 10-minute intervals.
- Getting a change of scenery — walking in the park, by the water, or in a new neighborhood.
- Walking with co-workers, friends, and family.
- Holding a work or social “walking” meeting.

Also try to:

- Take the stairs instead of the elevator.
- Use the restroom or printer on a different floor at work.

Stay motivated

Focus on your achievements.

Nothing is more powerful than achieving your goals. It motivates you to stick with your walking goal.

Set new goals regularly.

Create a new challenge for yourself, such as joining a walking club or other community event. This can help you stay motivated.

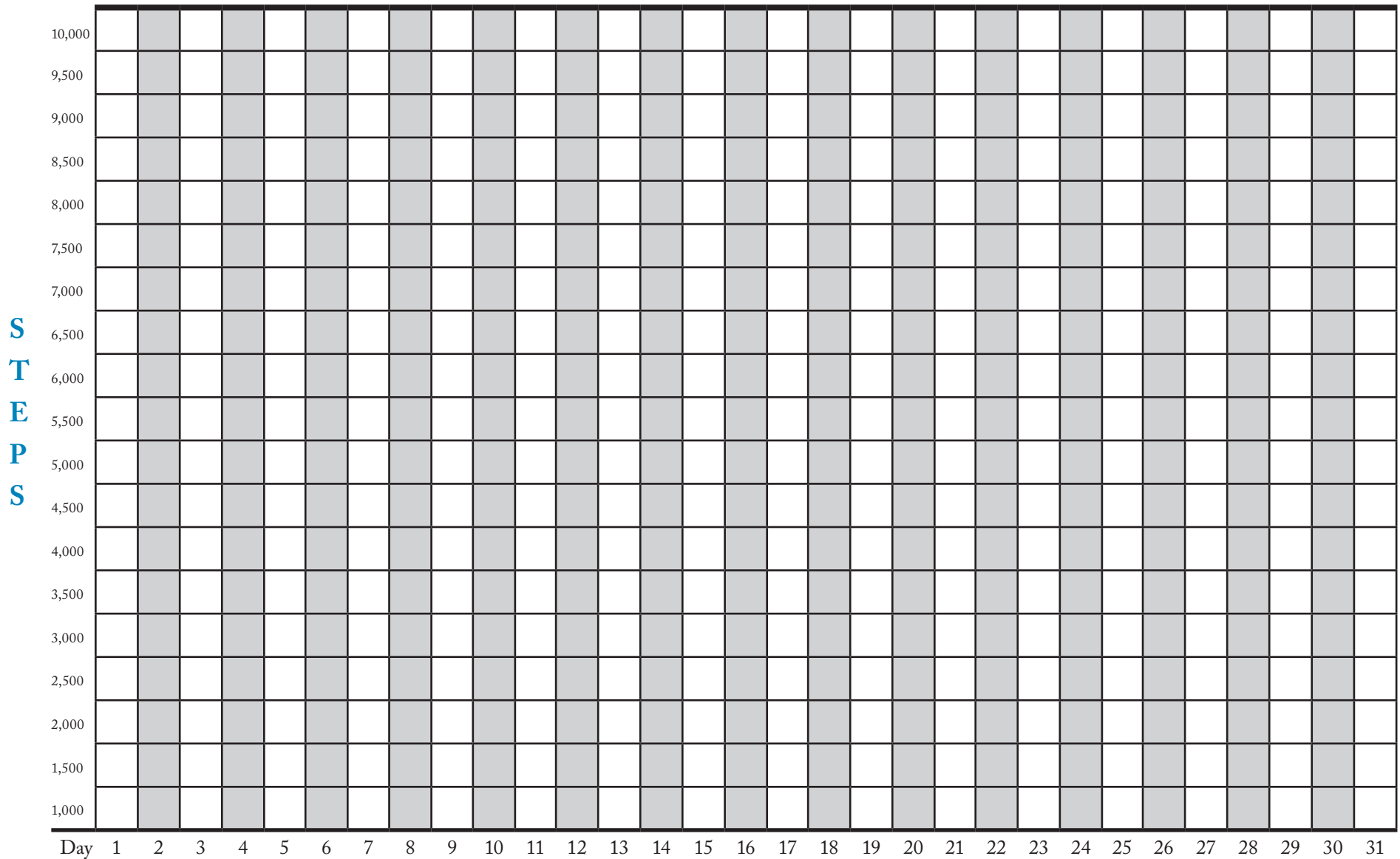
Make it fun.

Walking gives you time to relax, socialize, and regroup. Walk in a park or listen to music. Take a family walk after dinner. Find ways to make each step enjoyable.

Keep a journal.

Track your progress daily by recording your steps in a chart, journal, log, or app. Write down obstacles and how you plan to resolve them.

CHART YOUR STEPS. FOLLOW YOUR PROGRESS.



Fill in the boxes up to the number of steps you walk each day.

TRACK EACH DAY

Sample: S

T	2,500			
E	2,000			X
P	1,500		X	X
S	1,000	X	X	X
DAY	1	2	3	

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional.

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