

# Pedometer Program

## GET SET TO STEP OUT

Try a Pedometer! Pedometers help keep track of how many steps you are walking.

### Step 1: GET READY

- Clip it on! The pedometer should be placed on the waistband to one side. It should be in line with the crease of your pants.
- Wear the pedometer throughout the day for a week and log your daily steps without changing your activity level. Then average your steps per day.

Sample:		Average Daily Steps
Monday	2200 steps	$21,000 \text{ divided by } 7 \text{ days} =$  <u>3000</u> average daily steps
Tuesday	3240 steps	
Wednesday	4040 steps	
Thursday	2100 steps	
Friday	3300 steps	
Saturday	3500 steps	
Sunday	<u>2620 steps</u>	
TOTAL	21000 steps	



### STEP 2: INCREASE YOUR STEPS

Now that you know your average daily steps, see where you fit on the table below. You may want to increase your daily steps more, or less depending on your personal health. Always listen to your body and progress walking as you are able.

AVERAGE DAILY STEPS	INCREASE	EXAMPLE
5000 Steps or More	by 500 steps per day	<u>Average Daily Steps</u> Get Ready: 7000 Week 1: 7500 Week 2: 8000
Less than 5000 Steps	by 250 steps per day	<u>Average Daily Steps</u> Get Ready: 3000 Week 1: 3250 Week 2: 3500
Another way is to increase your daily steps by 10%		<u>Average Daily Steps</u> Get Ready: 3000 Week 1: 3300 Week 2: 3630
Keep increasing your steps each week until you reach your goal		



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### Step 3: WALK SAFELY

- Always warm up and cool down with a slower paced walk
- Always listen to your body and go at your own pace
- Monitor your walking effort (intensity) with the “Talk Test”
- Consult your physician before starting any new physical activity program

The Talk Test	
<p>Your walking effort is just right if:</p> <ul style="list-style-type: none"><li>✓ you can walk and talk at the same time</li><li>✓ you break a light sweat</li><li>✓ you feel a little warm</li><li>✓ you are breathing deeper than usual but not gasping for air</li></ul>	
<p>You are working too hard if:</p> <ul style="list-style-type: none"><li>*You are unable to talk comfortably</li></ul> <p><b>SLOW DOWN OR STOP!</b></p>	
<p>You are not working very hard if:</p> <ul style="list-style-type: none"><li>*You can sing</li></ul>	

### Step 4: GET WALKING

- Go for a walk during a break
- Park further away from the store
- Walk with a walking partner
- You can get benefits from walking just 10 minutes at one time
- To improve your health, work up to 30 minutes of walking a day on most, if not all, days of the week
- 10,000 steps a day is often used as a good goal for healthy adults but... the optimum number of steps depends on your personal health

#### Fun Facts

→ There are about 2000 steps in 1.6 km or 1 mile

→ There are about 1200 steps in 10 minutes of walking

**Now you are ready to Step Out..... Have Fun!**