



## Why 10,000 steps a day?

- The 10,000 steps idea originated in Japan and has become popular among health officials.
- 10,000 steps is a rough estimate of the Surgeon General's recommended 30 minutes minimum of moderate intensity exercise most days of the week.
- An average person takes about 5,000 steps a day. An additional 5,000 steps of activity is needed to achieve the recommendation through walking or other physical activity and can happen in as little as 30 minutes!
- Each 2,000-2,500 steps is about one mile, or 100 calories for a 150-pound person
- Adding more steps or increasing other physical activities can aid in weight-loss and better health.

Taking 10,000 steps a day right off the bat can be overwhelming. Instead, try increasing your steps by 500 a day, little by little, until you reach your goal.

### Tips to help increase your daily steps

- Park at the far end of the parking lot
- Instead of dropping the kids off in front of the school, park a couple of streets before it and walk them the rest of the way
- Take the stairs instead of the lift or escalator
- Give the dog an extra 5 minutes on his walk
- Stop emailing colleagues in the same office, instead go over and talk to them
- Go for a walk during your lunch break, or walk to get your lunch
- Get up and do something during TV ads
- Walk to the corner shop instead of driving or popping in on your way home
- Walk to friends houses instead of driving
- Get out of the house for a game of football or Frisbee
- Go on an outing somewhere and explore
- Get up to change the channel instead of using the remote
- Make several trips up and down the stairs to do laundry or other household chores
- Walk around you house while on the phone



Use the activity converter on the reverse side to see how many steps your favorite physical activity translates to. You can also determine how many calories you are burning during physical activity using the caloric expenditure worksheet also located on the back.