

# Start Counting Your Steps



*Counting steps will make you more aware of how physically active you are during the day. Losing weight and feeling great are 2 of the side benefits!*

## Let's beat the average

Most American adults average between 3,000 and 5,000 steps per day. One study published in Sports Medicine showed that a goal of 10,000 steps per day can give individuals an active lifestyle. 10,000 steps is about 4.5 miles.

Here is a chart on steps per day and activity level from the study:

- <5000 steps = sedentary
  - 5000-7499 steps = low active
  - 7500-9999 steps = somewhat active
  - 10,000 steps = active
  - >12500 steps = highly active
- (Sports Med. 2004;34(1):1-8)

## A new awareness

Don't beat yourself up if you are in the low end of the activity scale. By purchasing a pedometer and using it to count your steps each day you will start to find more ways to take more steps. Consider these ideas: walking extra loops at the mall or grocery store, walking while talking on the phone, walking while waiting for kids, walking the dog an extra block, walking in place while doing the dishes or brushing your teeth, and setting time each day just for you by walking out the door and sticking to a set path.

Using a treadmill desk works great, too.

## Which pedometer?

Any pedometer that you will wear on a daily basis is a good pedometer. Go with what is in your budget. You can search on amazon.com for a style that you like that has great reviews. Wrist pedometers are a good idea because they are easy to wear, work very well, and can be synced with a computer to track progress, generate reports, and compete with friends online.

Happy stepping!