

Get Moving: Add Steps to Your Day!



Why a step counter?

A step counter (also called a “pedometer”) can be a great way to get you motivated. This easy-to-wear device senses your body’s motion and counts your footsteps. This count can be converted into distance so it lets you know how active you have been on that day.

How do I wear my step counter?

A step counter is comfortable to wear all day. It can be held securely by its clip and an extra safety leash is helpful. Step counters can be worn on belts, pockets, or waistbands. Place the step counter where you can easily read it. It should be protected so that a button is not accidentally pressed should it get bumped.

Where do I begin?

Without much activity, a person takes 2,000-5,000 steps per day. A 5 mile walk will itself add 10,000 steps. Try to set reasonable daily goals by adding 50-100 steps more than what you are doing now. Do your best and don’t be discouraged if you didn’t reach your goal. Just try again tomorrow.

How can I start adding steps to my day?

It doesn’t take much to start using your step counter. With your step counter clipped on, all you need is a good pair of walking shoes and a little motivation to get moving. Try some of the following ways to add steps while having fun.

- Start a walking club with your friends or co-workers.
- Take several short 10 minute walks during the day.
- Walk or dance while listening to music.
- Try walking in parks, by water, or in new neighborhoods.
- Walk to a restroom or copy machine on a different floor.
- Take the stairs instead of the elevator.
- Host “walking meetings” and walk and talk instead.
- Plan active weekends.

How can I stay motivated?

1. Think positive and make small changes.

To be sure that this activity stays with you, make small changes in your routine. This will help you reach your goals and stay motivated to try again tomorrow. Be patient with yourself. The most important thing is being active.

2. Make it fun.

Activity can be a great way to relax or even socialize. When you’d like to spend some time alone, try walking while listening to music. When you’d like to spend some time with your family, take a walk after dinner together. See how you can make each step more enjoyable.

3. Keep a journal.

Use a log (see other side) to track your steps and mark your progress. Write down reasons that may have prevented you from reaching your goals, such as an illness.

4. Combine simple changes.

Physical activity and healthy eating are the key factors to reduce your risk of heart disease, stroke, and diabetes. Small changes every day can help you look and feel better.

- Make simple changes to your diet .
 - ▶ Choose drinks with less sugar.
 - ▶ Switch to nonfat milk and yogurt.
 - ▶ Eat 5 helpings of fruits and vegetables per day.
- Find ways to be active.
 - ▶ Limit TV watching to one to two hours per day.
 - ▶ Take short walks during work breaks or after school.
 - ▶ Start off slowly and be sure to find activities that you enjoy.
- Add more steps to your day with a step counter!

