



SHOES WERE MADE FOR WALKING

How much walking is enough to stay healthy?

Current research has shown that 10,000 steps a day are enough to get all the health benefits of walking. However, most American adults currently walk 3,000 to 5,000 steps a day.

How can I count my steps?

A step counter is called a pedometer. Pedometers are worn around the waist and clipped to a belt or waistband.

How can I walk 10,000 steps a day?

Since most people walk about half of the recommended number of daily steps it can be difficult to start with 10,000 steps from the beginning. A way of slowly working towards them is to stick to the 20% Boost Program.

What is the 20% Boost Program?

It is a program in which in each week you will increase your steps by 20%. The first week you simply track your steps to see how much you are walking already. After week one you will increase your number of steps by 20% until you reach your goal. In the next page you will find the tracking logs for the 20% Boost Program.



Week 1

Measure your steps in a normal week. Don't try to walk more than normal. Track your steps each day.

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps today:							
Exercise Minutes							
More or less than normal?							

Add steps for all seven days: _____
 Divide by 7: _____
 Multiply by 1.2 : _____ (This is your goal for week # 2)

Example:	24,000
(your daily average)	3,428
(your 20% boost)	4,113

Week 2

Your goal is to boost your average daily steps by 20%. So, if you averaged 3,000 steps a day in week one, try for 3,600 a day in week two.

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps today:							
Exercise Minutes							
More or less than normal?							

Add steps for all seven days: _____
 Divide by 7: _____
 Multiply by 1.2 : _____ (This is your goal for week # 3)

Week 3

If you haven't reached 10,000 steps, or if your goal is substantial weight loss (for which many experts recommend 12,000 to 15,000 steps a day), then boost your steps again by 20%.

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps today:							
Exercise Minutes							
More or less than normal?							