

GET a PEDOMETER and COUNT STEPS

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For the average person with a stride equal to about 2.5 feet (0.75 m), 2000 steps amounts to walking approximately one mile (1.6 km). Sedentary people only take about 2500 steps a day.

But a Harvard University study has shown that 6000 steps per day correlated very well with lower death rates in men, and that 8000 to 10000 steps a day promotes weight loss as well. And these health and weight management benefits do not oblige you to walk continuously until you acquire the required number of steps. Rather, all the steps you accumulate throughout a day count toward your daily total!

You can keep track of your steps by using a pedometer, or a pedometer app on your smart phone, or devices such as an Apple Watch, or a Fitbit. And a study by the American College of Sports Medicine found that people who used a pedometer added about 2000 steps to their daily routine.

Because 10000 steps may not be achievable for everyone (for the aged, for those with chronic diseases, and for the sedentary), instead of a blanket 10000 steps per day, your initial stepping goal should be based on your baseline steps plus an increment of steps.

To start a stepping program, wear a pedometer (or any step tracking device) for at least three days to determine the number of steps you take on an average day. Then add the equivalent of a half hour of walking to



your day, or 2500 extra steps per day. For example, consider a woman who uses a pedometer and determines that she accumulates about 3500 steps on an average day. Her goal should be to add 2500 more steps to her day, for a daily total of 6000 steps.



There are many ways to add steps to your day, such as pacing while you talk on the phone, parking further from your destination, using stairs rather than an elevator, marching in place for one minute every hour – and of course taking short walks whenever you can.

So get off the couch. Use a pedometer and step out for health.

You can find more on this important topic in our critically acclaimed eBooks: *Total Fitness – U.S. Edition*, *Total Fitness – Metric Edition* and *Total Fitness – U.K. Edition*, all published by NoPaperPress.