

Set a Daily Goal of 10,000 Steps

At first glance, does the number look overwhelming? Or does it look like something you do every day without even thinking?

Whatever it means to you, it means healthy living to the US Surgeon General who issued a report in 2001 that calls on all Americans to get moving.

- 65.9% of Hoosiers are overweight
- 31.4% are obese (www.cdc.gov)

If we take 10,000 steps per day, then we are getting the equivalent of the 30 minutes of moderate physician activity we need for good health.

The average American takes 3-5,000 steps a day so you're most likely have way to the 10,000 step goal. How far will you have to go to hit the goal? It depends on the length of your stride but 10,000 steps is about five miles for most people.



How do I track my steps?

If you're curious to see how many steps you normally trek a day, try a pedometer. It is a fun gadget that attaches onto your belt or waistline to calculate daily steps. The Japanese nickname for a pedometer is "manpo-kei" which actually means 10,000 steps!

A pedometer senses your body motion and counts your footsteps. Wearing a pedometer and recording your daily steps can be a great motivating tool if you challenge yourself to a goal each day. They can be bought for \$5-15 in stores. If you have a smart phone and keep it in your pocket, you can also upload apps that count your steps for you.

You can print step log sheets on our website at www.uhs-in.org & search 10,000 steps.

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How to easily increase daily steps

Once you start tracking your steps, a simple way to increase your daily amount is to take a walk in your neighborhood. You can also try some of these ideas:

- Take the stairs instead of an elevator
- Park your car far away at the store so you have to walk a distance to the door
- Walk to talk to your co-workers or friends instead of using the phone or email
- Walk around the soccer or baseball field while your child is practicing
- Walk around the airport or bus station while you wait for your transportation
- Play tag with your children
- Take your dog on frequent walks
- Stop on long road trips and walk around the rest stops
- Vacuum your house an extra day a week / pick up toys & household items daily
- Walk around the store or mall before you shop
- Dance with your friends & family

