

10,000 Steps a Day



Trying to get healthy? Set a goal to walk 10,000 steps a day. This can help you get motivated and moving!

To start:

1. **Get a pedometer.** It's a small tool that you can wear to keep track of how many steps you take. Put it on when you get up in the morning and wear it until bed time.
2. **Using your pedometer, write down the number of steps** you take every day in a small journal. At the end of the first week, you'll see how many steps you take in a normal day. You may be surprised!
3. **Walk 500 more steps** each day of the next week. Keep adding 500 steps a week until you reach to 10,000 steps in a day.
4. **Stop** if you feel that this is too much for you. Talk to your doctor if you have any health concerns.



Get creative! To walk more steps every day, try:

- walking with your partner, children, or friends
- using the stairs instead of the elevator
- getting off the train or bus 1 stop early to walk
- walking the dog
- getting up to change the channel
- window shopping
- planning a walking meeting
- walking to visit your neighbor

If you have questions, talk to your CHN doctor!