

10,000 Steps Challenge

Starting a fitness program can be exciting and nerve-racking all at the same time. You know you want to start losing weight and seeing health benefits, but you don't know when, where, or how to start.

With the 10,000 Steps Challenge, it's as easy as walking out the door! Walking is the most common form of physical activity, and research has shown walking at a moderate pace for at least 30 minutes a day provides great health benefits, including reduced risk of obesity, high blood pressure, and diabetes, as well as increased weight loss, energy, and focus.

If you feel strapped for time and can't find a 30 minute block, you can easily break it up into three 10 minute intervals. You could walk ten minutes in the morning before work or the kids wake up, ten minutes over the lunch hour, and then walk ten minutes after work or after picking kids up from school.



Taking the First Step...

Step 1: Use a pedometer to track the number of steps you take each day for 1 week.

Step 2: Average your total steps per day (Add each day's total steps together and divide by 7).

Step 3: Set small, reachable goals (Do not be discouraged if you feel your step count is insufficient. Try to walk an extra 500 steps per day during the week.)

Step 4: Once you have accomplished these goals, continue to re-evaluate and set new goals until you have reached 10,000 steps.

Step 5: Keep up the good work! Physical activity can be a refreshing and revitalizing part of your day.

ACTIVATE!
Buffalo County



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