Walking for Your Heart

10,000 Steps a Day

The latest research indicates that 10,000 steps a day meets the guidelines set by the Centers for Disease Control and Prevention for physical activity. Most individuals take somewhere between 3,000-5,000 steps per day, so they fall short of the 10,000 goal. Attaining this goal, however, does not necessarily require drastic lifestyle changes. Consider implementing a few of the following “step-activating strategies” into your daily life:

- Walk a dog – he/she will love it.
- Take the stairs instead of the elevator or escalator.
- Take a walk during your lunch, mid-morning and/or mid-afternoon breaks.
- Walk during TV commercials. Each commercial break is at least 30 seconds long. You can do 50-70 steps in 30 seconds. Commercial breaks typically include four to five commercials per break. Multiply that times four commercial breaks during a one-hour television program and there you have it – 1,000 additional steps a day.
- Place your trash can in an inconvenient location that requires you to get up and move several times a day.
- Park your car farther away from your destination and walk the remaining distance.
- Put your imagination to work and come up with some “step-activating strategies” of your own. Taking 10,000 steps a day isn’t as difficult as it seems!
- How far is 10,000 steps? If you have an average length stride (2.5 feet/stride), then 10,000 steps is approximately five miles.
- Wear a pedometer! It will heighten your awareness of your daily steps.

You can achieve health benefits such as improved heart fitness, diabetes symptoms, blood pressure and cholesterol with 10,000 steps a day. It is important for you to find activities that you enjoy.

Make a change for life – now!