

UC Davis Health System Women's Cardiovascular Medicine Program

Caring For The Heart- Walking for the 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 break, mid-morning and/or mid-afternoon
- ♥ Walk during TV commercials. Each commercial break is a least 30 seconds long. You can do 50-70 steps in 30 seconds. Commercial breaks typically include 4-5 commercials per break. Multiply that times 4 commercial breaks in 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 further 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 5 miles.
- ♥ Wear a pedometer! It will heighten your awareness of your daily steps.



You can achieve health benefits such as improved heart fitness, 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- start now !

To schedule an clinic appointment with a Woman's heart specialist, call (916) 734-1966
UC Davis Health System, Ambulatory Care Center, 4860 Y St., Sacramento, CA 95817

