

## Setting your individual target

Whatever your age and ability, it's never too late to start being more active!

On average, people accumulate between 2,000 - 5,000 steps per day doing everyday actions such as making a cup of tea or doing the housework.

For most adults, the recommended amount of physical activity to benefit your health is 30 minutes of moderate activity (i.e. brisk walking) on 5 or more days of the week. For the majority of people, 30 minutes of walking is about 3,000 steps.

Start by working out how many steps you do in a normal day - this is known as your **Baseline Step Count**. You may want to record your steps for a few days over the week and then work out your average.

Once you have found your Baseline Step Count, you should aim to increase this figure by 3,000 steps.

Everyone is unique and takes a different amount of steps over the day, so it is important to focus on what you do and set a target that is appropriate for you.

**Target = Baseline Step Count + 3,000 steps**

Walking is a safe and enjoyable activity with many health gains. However, if you are in any way concerned about your health, you should seek medical advice before participating in a walking programme.

You can record your steps on the **Step Count Card** or online at [www.pathstohealth.org.uk](http://www.pathstohealth.org.uk)

## How can you increase your daily step count?

There are many simple ways to increase the amount of walking you do as part of your working day. Here are some suggestions:

- Try to walk on most days of the week. You can start with a 10 minute walk and gradually increase the time you spend walking.
- Walk to your workplace and leave the car at home for a change.
- Get off the bus a few stops early and walk the rest of the way.
- Use the stairs instead of taking the lift.
- Use your lunch break to take a walk. Walk with a workmate and you can still catch up on the chat.
- Discuss business while walking; hold a 'walking meeting'.
- Rather than e-mail a colleague deliver the message in person.
- Walk to de-stress; take a stroll in the park and enjoy being outdoors.
- Set up a walking group from your workplace and encourage colleagues to join in.



For more suggestions and information on workplace walking go to [www.pathstohealth.org.uk](http://www.pathstohealth.org.uk)

# walk the walk



## Counting steps to better health Information Leaflet



## Why should you use a pedometer?

By taking steps to walk regularly, you will improve your health. Studies show that although most people are aware of the importance of being active, only a small proportion of us actually manage to make the time to do enough activity to benefit our health.

Active people live longer and healthier lives.

## Being active:

- Makes you feel good
- Gives you more energy
- Helps you sleep better
- Reduces stress
- Reduces blood pressure
- Helps to maintain a healthy weight
- Reduces the risk of heart disease
- Reduces the risk of a number of cancers, particularly bowel and breast cancer
- Reduces the risk of type II diabetes
- Improves your mood and reduces the risk of depression

## How does a pedometer work?

**You put it on and start walking!**

A pedometer will help motivate you to walk more. It will tell you how much actual activity you are doing - then you can easily set targets to increase your step count and daily activity over a period of time.

A pedometer's basic function is to count steps, which is why it is also referred to as a step counter and sometimes called a step-o-meter.

To count steps, a pedometer uses a built in pendulum. When you walk, the pendulum moves and counts your steps.

## Where to wear your pedometer?

The ideal place to attach the pedometer is on the top of the waistband or on a belt close to the hip.



## Walk More Feel the Difference!

