

10,000 steps a day

Most people take about 3,000 steps a day.

Walking an additional 7,000 steps a day offers significant health benefits, cutting the risk of many diseases such as heart disease, cancer, diabetes and osteoporosis.

10,000 steps is a goal many people can achieve whatever their starting point.

It is unrealistic to try to walk 10,000 steps straight away if you are not in the habit of regular walking.

It is important to try for gradual improvement in line with your limitations.

It is a good idea to obtain a step counter to help you keep track of your progress.

For some people it is not possible to reach 10,000 steps a day - the message is **"be as active as you can each day - but aim high!"**



Using a step counter

A simple programme to build up to 10,000 steps

Week 1 Getting started

Wear your step counter each day but do not change your normal routine.

Keep a record of the number of steps you take each day for a week. (*Remember to set it back to zero each morning!*).

Work out your daily average by adding up all the steps for the week and divide by seven.

Week 2 Increase your steps

Take your daily average from week 1 and add 500 to set your new daily target.

So if your average in week one was 3,000 then your daily target for week 2 is 3,500.

Do not try to increase your daily target by more than 500 steps to avoid the risk of injury or strain.

Week 3 and after

Continue to add 500 steps to your daily target every week building towards 10,000 steps a day.



20 helpful hints

to help you walk more

- 1 Take a walking break instead of a sitting break.
- 2 Use the stairs instead of the lift or escalator.
- 3 Park further away from your destination.
- 4 Walk instead of driving if the distance is short.
- 5 Get off the bus a stop early.
- 6 Walk your dog instead of just letting it out.
- 7 Have a meeting while walking instead of sitting in the office.
- 8 Instead of emailing or phoning a colleague, walk to their desk.
- 9 Walk your child to school.
- 10 Waiting at the station walk up and down the platform instead of standing.
- 11 Park in the space furthest away from the supermarket.
- 12 Walk while you are on your mobile phone.
- 13 Investigate a lunchtime walking route.
- 14 Hide the television remote control.
- 15 Join a friend who walks their dog or offer to walk it for them.
- 16 Walk every supermarket aisle whether you need to or not.
- 17 Get up from your chair and take a 3-minute walk every hour.
- 18 Do extra housework or gardening.
- 19 Aim to climb the stairs 10 times a day.
- 20 Fly a kite!

