

# Counting steps to better health

## Setting your individual target

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

On average, people take between 2,000 - 5,000 steps per day without doing any extra activity - this includes everyday actions such as making a cup of tea or doing the housework.

For most adults, the recommended amount of physical activity to benefit health is 30 minutes of moderate activity (i.e. brisk walking) on most days of the week. For the majority of people, 30 minutes of walking is about 5,000 steps. Added to the 5,000 steps many people take through everyday activity this would equate to 10,000 steps a day.

However if you normally take 2,000 steps a day, adding 5,000 steps through regular walking would make 7,000 steps a good target for you.



## How can you increase your daily step count?

Walking can be easily incorporated into daily life through small changes in your lifestyle.

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 the local shops or post box and leave the car at home for a change.
- Take 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.
- Walk the children to school.
- Walk to relax - take a stroll in the park and enjoy being outdoors.
- Consider joining a local walking group.

## 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.

For information on the Walking the Way to Health project in Wales see [www.ww2h.org.uk](http://www.ww2h.org.uk)



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Design: [edenconsultancygroup.co.uk](http://edenconsultancygroup.co.uk)

# Counting Steps To Better Health!





## 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 and blood pressure.
- Helps to maintain a healthy weight.
- Reduces the risk of heart disease by half.
- 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.

The 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.

### How does a pedometer work?

You put it on and start walking!

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.



## What do steps mean for your health?

