Add Steps to Your Day!

Did you know?
• You can lower your BP up to 9 points by walking 30 minutes a day at least four days a week. The 30 minutes can be divided into periods of 10-15 minutes each.

Tips for Adding Steps to Your Day
• Use the stairs rather than the elevator.
• Park further away from building entrances and walk from your car.
• Take an activity break—go for a short walk or climb stairs.
• Turn off the TV and take a walk after dinner.
• Walk or dance to music.
• Start a walking club. Walking can be a good way to relax or socialize.
• Get a lunch-time or evening walking partner to make it more fun.
• Find the best times to take a longer walk. Make it a habit.
• If you have been inactive, start small and work your way up. Set an achievable goal for the next month. (EXAMPLE: I will walk 10 minutes at least 4 times a week during lunch break)

Try a pedometer (step counter)
• It can be a good motivational tool. You can get a free one as part of the TEAM program.
• Use a calendar to keep track of your steps, distance, or minutes walked. Reward your progress.
• Before using the pedometer, check to make sure it is working. Hit RESET button. The display should read 0000. Attach a string or leash to avoid losing it. Finally, attach the device to your belt or waistband.

➢ If you use the pedometer, start by wearing it at least one full day to determine your “daily baseline”. Next, set a small, achievable goal for adding steps to your day. See box.

<table>
<thead>
<tr>
<th><em>If your daily baseline is:</em></th>
<th>Set a small, achievable goal such as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2500 steps</td>
<td>Add 100 steps/day until you reach 5,000</td>
</tr>
<tr>
<td>2501-5000 steps</td>
<td>Add 300 steps/day until you reach 7,500</td>
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<tr>
<td>5001-7500 steps</td>
<td>Add 400 steps/day until you reach 10,000</td>
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<tr>
<td>7501-10,000 steps</td>
<td>Add number needed to reach 10,000</td>
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