



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.

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

*Table adapted from: Sportline’s Guide to Walking (2004), p.9.