

## Tracking Your Steps With A Pedometer

### Fast Facts

- Studies show that taking about 10,000 steps a day is the target for improving health and reducing risk of chronic disease.
- Most people average about 2,000 to 4,000 step a day in routine activity.
- Approximately 2,000 steps equal one mile.
- Moving at an increased speed for 3,000 to 6,000 of your daily steps can improve heart health.
- Experts recommend 12,000 to 15,000 steps daily to achieve substantial weight loss.
- Using a pedometer can help establish how many steps you normally take in a day and help you set a target for increasing daily steps or distance.



Day of the Week	# Of Steps Taken
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>TOTAL STEPS</b>	

### Measure Your Steps

During the first week of the **Shape Up Montana** program don't make any changes in your normal routine. Use the pedometer to track the steps you take each day. Important: remember to RESET your pedometer to 0 at the end of each day or in the morning before you clip it on.

### Set Your Goal

If you are below an average of 10,000 steps or if your goal is 12,000 to 15,000 steps for substantial weight loss, it is suggested you work on increasing your steps in small, achievable increments. Most people find it manageable to increase their steps by 20 percent daily.

### To Increase Your Steps By 20 Percent Daily

Divide the TOTAL steps you took last week by 7. Now multiple that number by 1.2. This is your new step target for **Shape Up Montana** this week. Track your steps with the pedometer and increase each week by 20 percent until your goal of 10,000 steps or 12,000 to 15,000 for weight loss is reached .

### Some Tips For Increasing Steps

- Park at the outer edges of parking lots instead of as close as possible to stores, health clubs, church, etc.
- Get up and walk during television commercials. (Every hour of television programming includes about 17 minutes of commercial time.)
- Pace while you have phone conversations. In a five-minute conversation you can add about 100 steps. (and we all think better on our feet!)
- Take stairs instead of elevators or escalators.
- Walk and talk with friends and family instead of sitting and talking.
- Use part of every break or lunch time to add a few steps to your day.

## Tracking Your Steps With A Pedometer Continued



### Distance Reporting

Everyone has a different step length or stride. So when tracking the distance a person moves each day for health or weight loss, it is best to count steps. The information below will help you measure your strides and convert the steps you take into miles. These miles are then given to your team captain monthly and added to your team's total miles for the Accumulated Activity category. Use the handy *Shape Up Montana* Personal Mile Log Sheet to record your miles daily and weekly.

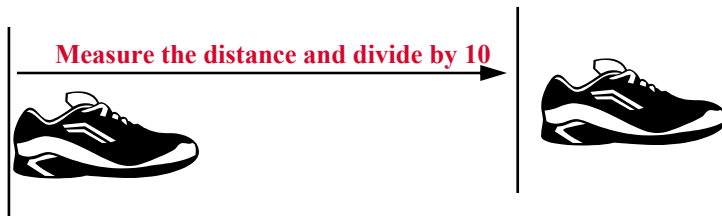
### WALKING RESOURCES ~ Web Sites

- [www.creativewalking.com](http://www.creativewalking.com)
  - Offers walking programs, resources & pedometers for sale
- [www.walking.about.com](http://www.walking.about.com)
  - Offers information about walking and addresses knee, foot and ankle problems associated with walking

### Measure Your Stride

**For an accurate stride measurement you should measure at least 10 steps. Do this by completing these 4 easy tasks:**

1. Using a piece of string, mark a starting spot on the floor.
2. Place the **heel** of one foot against the string and take 10 of your **regular strides**.
3. Use a second piece of string and place it behind the heel of the foot that took the 10th step.
4. Measure the distance between the two pieces of string in inches. Then divide the number of inches by 10. This is your step length!



**The chart at the right shows the number of steps it takes, based on step length, to walk one mile.**

Step Length in Inches	Number of Steps In One Mile
15	4,224
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864
35	1,810
36	1,760

### Just For Thought

You can spend a fortune on equipment with the best intention to “use it every day”. Unfortunately, a lot of home exercise equipment turns into expensive clothing racks or dust collectors. If you’re really serious about sticking with an activity for the rest of your life...you just might want to take up one of the oldest, yet reliable, forms of activity—**WALKING!**