

NEW-LIFESTYLES STEPS TO A HEALTHIER YOU<sup>SM</sup>

# ACTIVITY FACTS

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Health and fitness researchers are finding that people can achieve health benefits by exercising at a less intense level than previously thought. In other words, someone who is sedentary most of the day but who jogs over the lunch hour may expend as much cumulative energy as someone who is active the entire day.

## How much physical activity is recommended for children and adults?

The Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM) make the following physical activity recommendations for adults and children:

**Adults** should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week.

**Children and adolescents** can choose any type of moderate or higher intensity physical activity, such as brisk walking, playing tag, jumping rope, or swimming, as long as it is adds up to at least one hour a day.

Promoting a realistic goal attainable by everyone, the CDC and the ACSM have found that moderate-intensity activities (like walking, raking leaves and washing windows) produce health benefits. This

recommendation echoes the 10,000 Steps a Day philosophy—that by being active in our normal, everyday activities, we can achieve a new healthy lifestyle. Benefiting our bodies in numerous ways, regular physical activity helps us to maintain a healthy weight, increase muscular strength, improve cardio-respiratory fitness, increase bone mass, reduce stress and anxiety and encourage self-esteem.

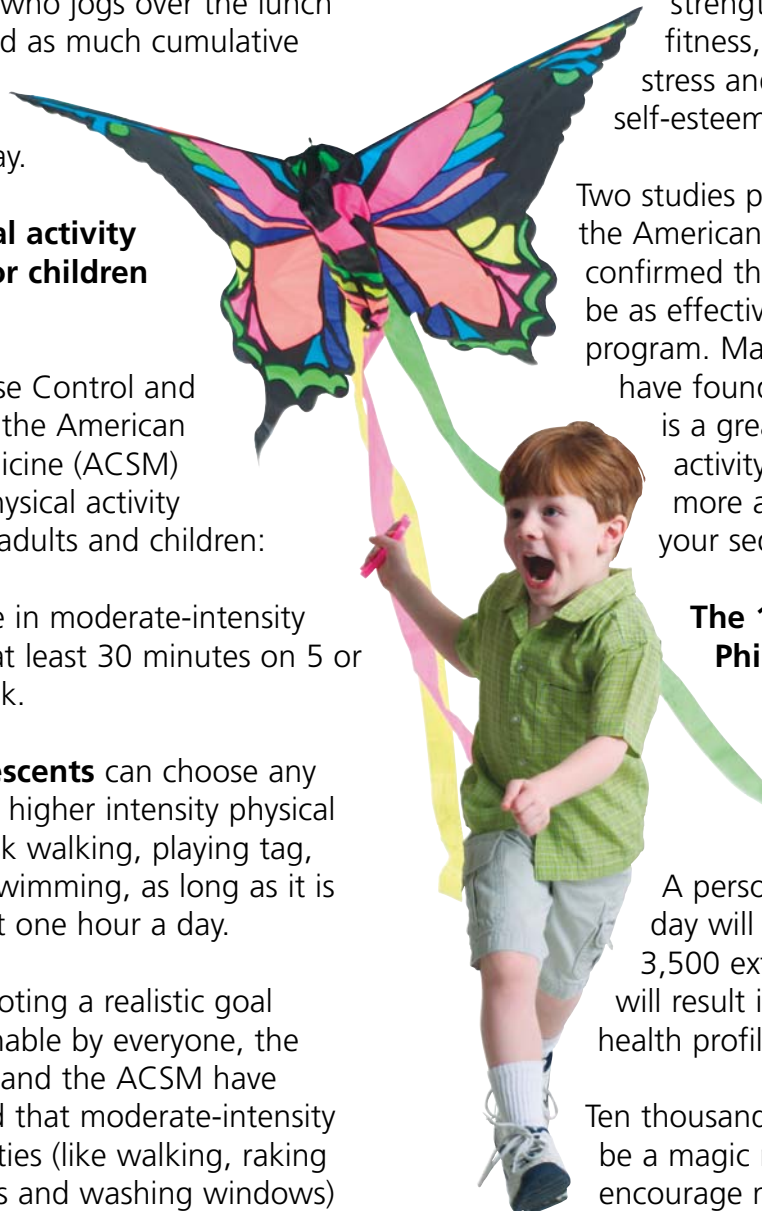
Two studies published in the Journal of the American Medical Association have confirmed that this lifestyle approach can be as effective as a traditional exercise program. Many doctors and researchers have found that wearing a pedometer is a great way to track your daily activity and inspire you to move more and give up at least some of your sedentary ways.

## The 10,000 Steps a Day Philosophy

To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly five miles).

A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra Calories per week, which will result in achieving a vastly better health profile and longer life.

Ten thousand steps a day is not meant to be a magic number but a guideline to encourage most people to double or triple their daily activity.



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# You are never too old or too young or too out-of-shape to become active!

Unless you have a job in which you are active, most American adults do not achieve 10,000 steps every day without making a conscious effort—in fact, most get only 3,000 to 5,000 steps a day.

A great way to get in those additional 5,000 to 7,000 steps a day towards your 10,000 step goal is to engage in 30 minutes of physical activity in the evening. If you choose to walk at a brisk pace around your neighborhood or on a treadmill for 30 minutes every evening after an otherwise sedentary day, you'll satisfy the CDC/ACSM recommendation and reward yourself with health benefits.

If your goal is to lose weight, start slowly and gradually work yourself up to walking 12,000 to 15,000 steps a day. Walking is a great way to lose weight and keep it off.

Whether your goal is to achieve good health or to lose weight, put your pedometer on when you dress in the morning, and don't take it off until bedtime (unless, of course, you take a shower somewhere in between).

If you have difficulty remembering to put on your pedometer in the morning, place your pedometer next to your watch, cell phone or something that you are already in the habit of wearing every day. It takes only seconds to

clip your pedometer to your waistband or belt. Every step you take throughout your day counts towards your 10,000 step goal! Without your pedometer, you would never know how many steps you've taken during the course of the day.

It's never too late to start a NEW lifestyle. You are never too old or too young or too out-of-shape to become active!

Start maximizing opportunities in your life to move more and make small changes that add up to large increases in your energy expenditure. Here are just a few ideas to get you started. Try to make them a habit.



- Park in the farthest space from the store or mall.
- Walk, run and play actively with your children or grandchildren.
- Mow your yard using a push mower.
- Take a walking break instead of a coffee break at work.
- Take the stairs instead of the elevator.
- Hide your remote and change channels the old-fashioned way.
- Put on upbeat music while you clean your house.
- Take up dance—ballroom, clogging, you name it. Most of us love music, and dancing is fun!

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