

Helpful Hints for getting started

To avoid injury, you need to work up slowly. If you have any concerns about your joints (ankles, knees or hips) discuss your exercise plans with your physician.

You will need a good pair of sneakers. You may actually prefer a running shoe with plenty of cushion.

Start out by wearing the pedometer each day for two weeks and don't do anything to change your normal routine. Before you go to bed, take care to log your steps at the end of the day each day for the entire two-week period. At the end of the second week, take a look at how many steps you are taking each day in the course of living your life. Perhaps on some days it is as few as 700 steps in a day and on other days, it may be as high as 2500 steps

If you feel comfortable doing so, take the highest number of steps you have walked on any given day and use that number of steps as your daily step goal. Feel free to select a smaller number of steps as your goal if you prefer. To avoid injury, do not select a higher number. Aim for your goal each day for the next two weeks. Let's assume your first step goal is 2500 steps. That means that for the next two weeks, you are going to try to walk 2500 steps each day. Before bedtime each night, be sure to log in the number of steps you actually took.

At the end of that two-week period, review all the steps you took each day and decide if you are ready to add another 500 steps to your goal. Your new step goal is now 3000 steps a day for the next two-week period.

Continue in that manner, working up as slowly as you wish, until you finally reach the goal of 10,000 steps a day.

Check with your physician if you experience any pain or discomfort that concerns you. Pain is a warning signal that something may be wrong.

Simple Strategies for Extra Steps

- Park in the farthest space from the store or mall.
- Walk, run and play actively with your children or grandchildren.
- Walk – don't ride – at the golf course.
- Mow your yard using a push mower, not a riding mower.
- Walk to and from the store, post office or work.
- Take a walking break instead of a coffee break at work.
- Take the stairs instead of the elevator.
- Take your dog for a walk every day.
- Walk with your friends or family and socialize while walking.
- Avoid drive-through windows. Get out of the car and walk in.
- Put on upbeat music while you clean your house.
- Choose active pastimes like shopping, walking or playing sports over more passive activities like watching movies or television.



10,000 Steps a Day



Take the Challenge



Parks and Recreation Department
Phone (902) 875 3873
tnshelb@auracom.com
www.auracom.com/tnshelb

The Town of Shelburne's Parks and Recreation Department has a 10,000 Step Challenge program.

How our Program Works:

1. Borrow a step counter from the Parks and Recreation Department Office. Step counters are loaned at no cost for as long as you want.
2. Step Counters can be purchased for \$7.50 with 100% buyback if it is returned to the Parks and Rec. Department.
3. Monitor your daily step counts.
4. Develop a plan to increase your daily step count to reach our goal and achieve health benefits.
(sample plan in this brochure)

NOTES

Walking 10,000 steps per day is a good starting point or goal, but to maximize health benefits 2,000-4,000 of the steps should be done at a brisk pace. Moderate intensity is a necessary part of the 10,000 steps per day target.

Check with your physician before starting this program if you have any health concerns.

check out

<http://www.gmap-pedometer.com/> or
<http://www.mapmyrun.com/index.php>

and plot your walking routes to calculate the distance

The program is simple – wear your step counter all day long to motivate yourself to be more active throughout the day.

Wearing a step counter (pedometer) all day is a great way to measure how active you have been – and to inspire you to move more on days you have been sedentary.

It is widely recognized that increased physical activity results in better health and well-being. Increasing physical activity can be as simple as walking a bit more than we already do each day. Physical benefits have been linked to walking for years. The best thing is that walking is low cost and low impact. 10,000 steps per day walking programs are growing in popularity world-wide.



The average person's stride is about 2.5 feet long. It takes just over 2,000 steps to walk one mile and 10,000 steps are close to 5 miles.

The Benefits

If you regularly monitor your activity and achieve your steps goals you will:

- * Feel less tired and have more energy for everyday tasks
- * Feel more confident and be less stressed
- * Sleep better
- * Have better heart health (including cholesterol and blood pressure)
- * Find it easier to maintain a healthy weight
- * Have stronger bones and muscles
- * Reduce your risks of many serious health problems in old age

Increasing your daily activity can:

- * Help people achieve and maintain a healthy body weight
- * Reduce the risk of developing coronary heart disease (CHD) and the risk of dying from CHD
- * Reduce feelings of depression and anxiety
- * Reduce the risk of stroke
- * Reduce the risk of having a second heart attack in people who have already had one heart attack
- * Lower both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL) or the "good" cholesterol
- * Lower the risk of developing high blood pressure
- * Help reduce blood pressure in people who already have hypertension
- * Lower the risk of developing non-insulin-dependent (type 2) diabetes mellitus
- * Reduce the risk of developing colon cancer
- * Promote psychological well-being and reduces feelings of stress
- * Help build and maintain healthy bones, muscles, and joints
- * Help older adults become stronger, and better able to move about without falling or becoming excessively fatigued

Reference: U.S. Department of Health and Human Services (2002). Physical Activity Fundamental To Preventing Disease.

