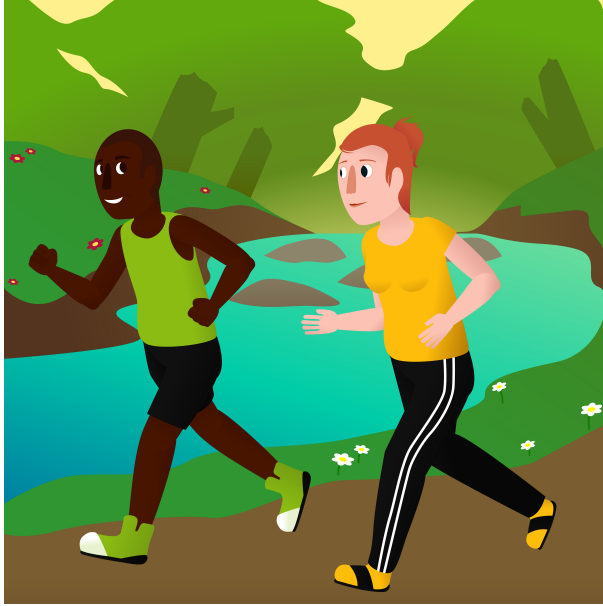


Take Steps to Good Health!



Most people only get 3,000 to 4,000 steps per day. That's not nearly enough physical activity!

If you take 10,000 steps per day, you'll be getting great exercise and having fun too. You can step all day long. For example, the next time you're waiting on people, appointments, or events, walk around instead of sitting. This will help you get more active without adding an extra item to your to-do list. Going from 4,000 steps per day to 10,000 is way easier than it looks.

Plus, when you walk for health, you don't need anything more than a pair of comfortable walking shoes. That's right! No expensive gym memberships, exercise machines, or specialty clothing is required.

Step It Up!

So, why 10,000 steps? One study published in the journal *Sports Medicine* showed that a goal of 10,000 steps per day can give individuals an active lifestyle (1). 10,000 steps is about 4.5 miles.

How Active Are You?

Your number of steps per day can be linked to your activity level. Take a look at the list below — where do you fall?

- | | |
|---------------------|-----------------|
| • < 5,000 Steps | Sedentary |
| • 5,000-7,499 Steps | Low Active |
| • 7,500-9,999 Steps | Somewhat Active |
| • 10,000 Steps | Active |
| • > 12,500 Steps | Highly Active |

Why Get Active?

According to MyPlate, regular physical activity can help you...

- Increase your chances of living longer
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight

In addition to helping improve your life, exercise can also help stave off health dangers. MyPlate asserts that exercise can reduce your risk of...

- Heart disease and stroke
- High blood pressure
- High cholesterol
- Type 2 diabetes

Sources:

1. "How many steps/day are enough? Preliminary pedometer indices for public health." *Sports Med.* 2004; 34 (1): 1-8. <http://www.ncbi.nlm.nih.gov/pubmed/14715035>
2. "Why is Physical Activity Important?" MyPlate, USDA, <http://www.choosemyplate.gov/physical-activity/why.html>