

Monthly Health Challenge™

Walk It Off



CHALLENGE

Take 10,000 steps a day

Requirements to complete this HEALTH CHALLENGE™

1. Read "Walk It Off."
2. Walk 10,000 steps on at least 22 days this month.
3. Keep up this habit for a lifetime of good health.



When 50-year-old Jackie Hess decided it was time to make some lifestyle changes, being more active was one of the first action items on her list.¹

So she bought a pair of walking shoes and a pedometer.

"I like to walk," says Jackie. "Someone told me they heard about the importance of walking 10,000 steps a day. I got a pedometer. If it looked like I was going to come up short, I would do what I needed to increase my number of steps."

A healthier diet and 10,000 steps a day. That was Jackie's plan. And it worked. Within a year, she walked off 30 pounds and has kept it off.

Walking is a great way to improve your health, burn calories, and strengthen your heart, lungs, and muscles. Take the month-long health challenge to walk 10,000 steps a day.



Take the Walk It Off Quiz:

- | T | F | |
|-----------------------------|--------------------------|---|
| 1. <input type="checkbox"/> | <input type="checkbox"/> | It takes the average adult about 2,000 steps to walk a mile. |
| 2. <input type="checkbox"/> | <input type="checkbox"/> | The average adult in the U.S. walks about 7,000 steps a day. |
| 3. <input type="checkbox"/> | <input type="checkbox"/> | It would take about 30 minutes of brisk walking to burn off the calories in a donut. |
| 4. <input type="checkbox"/> | <input type="checkbox"/> | Walking can help reduce the risk for heart disease, diabetes, poor bone health, and depression. |
| 5. <input type="checkbox"/> | <input type="checkbox"/> | Less than half of all adults in the U.S. get at least 20 minutes of aerobic exercise a day. |



How did you do? The average adult walks about 5,000 steps a day, which is typical if you're not very active.² About 10,000 steps or more a day is ideal. As for the donut, you might want to think twice before you eat another one. It would take about an hour of brisk walking to burn off the calories in a donut. Walking is a low-impact and low-cost way to improve your health, prevent disease, and live longer. And you can start...right...now.

Answers: 1. True. 2. True. 3. False. 4. True. 5. True.

Health Benefits of Walking

If you want to live a long and healthy life, you need regular physical activity. At least 30 minutes a day of moderate activity is best.

When Jackie Hess decided she was ready to lose weight and keep it off, she set a goal to walk at least 10,000 steps a day. "Over time, the weight kept coming off," says Jackie. "And it was thrilling."

If you're not very active now, start small. Walk around the block once a day if that's all you can do. Over time, you'll get stronger and be able to walk a little longer each week.

Walking is a great way to get the exercise you need. It can help you lose weight or maintain a healthy weight. But walking provides other important health benefits, too.

VIDEO:
The Walking Revolution
tinyurl.com/n5vfgk7

The Path to 10,000 Steps a Day

When Jackie Hess set a goal to lose weight and improve her health, walking 10,000 steps a day was an important part of her plan. Ever wonder what it takes to hit 10,000 steps a day? It's not as hard as you might think. Here's how:



Use a fitness tracking device

A pedometer, wearable device, or mobile app can track the number of steps you take per day. Keep a record of how many steps you take per day. Monitor your activity throughout the day. Fit in an extra walk if you need to so you can meet your goal. That's what Jackie did.

Always take the stairs

Skip the elevator or escalator, and take the stairs.

Park in no-man's land

Forget about trying to find a front door parking spot. Park far away and walk.

Take a lap at the grocery store

The next time you go to the store for the basics, take a lap. Walk one full loop of the store, then start your grocery shopping.

Schedule walk breaks

Let's face it. We're all busy. And if you don't make time for walking, it's easy to forget. So schedule it. Take a morning and afternoon walk break. Fit a walk break in during your lunch hour. Or skip the conference room at work, and host a walking meeting.

Use a treadmill

If the weather stinks or you have other reasons for not walking outside, get on a treadmill. You might have one at home, the gym, the office, or even at a hotel when you're on the road.

Deliver messages in person

At home you might yell from room to room. At the office, probably not. But you might send a co-worker an email. Either way, you'll get more steps by taking a short walk to deliver the message in person.

Pace yourself

Add more steps to your day by pacing. Think about how often you're sitting, when you could be moving: brushing your teeth, waiting for an appointment, on the phone, etc.



Buddy up

It's all too easy to hit the snooze button for an early-morning walk, or skip out because you're "too busy." But if you go with a friend or group, you're a lot more likely to get your steps in.

Set up a challenge

Are you game for a little competition? Challenge your friends or co-workers to walk 10,000 steps a day. Keep track, and encourage each other to hit the daily steps goal. You could even share your progress on social media.

Regular physical activity can help you:³

- Build muscle strength
- Feel more energetic
- Develop aerobic or cardiovascular fitness
- Lose weight and control appetite
- Sleep better
- Lower risk for diabetes
- Improve cholesterol levels
- Reduce risk for heart disease and stroke
- Improve bone health
- Lower the risk for certain types of cancer
- Decrease stress
- Improve mood
- Help you live longer

Want to improve your health, reduce your risk for disease, feel better, and live longer? Walk more. If you don't think you can walk 10,000 steps a day, start with a smaller goal. Increase your daily steps as you get stronger, and aim for 10,000 steps a day. In fact, take a walk right now.

Walking:

A step in the right direction
tinyurl.com/n3m9ubt

References

1. Centers for Disease Control and Prevention. (2015). Healthy weight success stories. Accessed on May 19, 2017, from <http://tinyurl.com/j5uwv2x>.
2. Tudor-Locke, C., Bassett, DR Jr. (2004). How many steps/day are enough? Preliminary pedometer indices for public health. *Sports Medicine*, 34(1):1-8, <http://tinyurl.com/n3whbzn>.
3. Centers for Disease Control and Prevention. (2013). More people walk to better health. Accessed on May 19, 2017, from <http://tinyurl.com/mro84ax>.





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Take 10,000 steps a day

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you walk at least 10,000 steps.
3. Use the calendar to record the actions and choices you make to help you form a habit of walking 10,000 steps a day.
4. At the end of the month, total the number of days you walked 10,000 steps a day. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I walked at least 10,000 steps

Other wellness projects completed this month:

Name _____ Date _____



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