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Live Out Loud



- ▶ Life Balance Strategist
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Walking to Health

Pedometer challenge *information and tracking form*

“I have two doctors, my left leg and my right.” ~ G.M. Trevelyan

Walking is one of the best forms of exercise you can treat your body to. Not only is it convenient and cost-effective, but it's easy on the joints, doesn't require any special skill, and it burns almost as many calories as jogging. A pedometer is the perfect way to enhance your walking. First of all, it's fun to know how many steps you've taken, how far you've walked, and how long you've been walking. Secondly, a pedometer helps you track your progress and set realistic goals for yourself – goals that will help you realize success and keep you motivated.

10,000 Steps a Day

Walking to Health requires that you walk about 10,000 steps per day, or about 2 miles. Your pedometer will count every step you take during the day, whether you're walking to your co-workers desk, walking across the street to visit a neighbour, or walking through the park on a planned effort at physical activity.

To get started on your 10,000 steps a day plan, put on your pedometer in the morning and *go about your usual routine*. Success physical activity programs allow for gradual progressions from your current level of activity, so *first* you have to determine your baseline. **For three days** keep track of your steps and record them on the tracking sheet provided. At the end of the three days, calculate the average of the steps you took. This is your **START POINT**. Refer to the 'Add-on Chart' below to see how you will progress to 10,000 steps and beyond.



Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!



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10,000 steps ... *and beyond* WALKING 'Add-on Chart'

Start Point	Your Goal	How to Reach It	Time Needed
Less than 2500 steps	5000 steps/day	Increase 250 steps/day	10-20 days
2501-5000 steps	7500 steps/day	Increase 300 steps/day	8-16 days
5001-7500 steps	10,000 steps/day	Increase 400 steps/day	6-12 days
7501-10,000 steps	12,500 steps/day	Increase 500 steps/day	5-10 days
10,001-12,500 steps	15,000 steps/day	Increase 500 steps/day	5-10 days
12,501-15,000 steps	17,500 steps/day	Increase 750 steps/day	3-6 days
15,001-17,500 steps	20,000 steps/day	Increase 750 steps/day	3-6 days

You may find that your step counts vary from day to day due to your activities. If you're already active you'll notice that your counts will be much higher on exercise days. A **suggestion** is that you monitor your *weekly*, not daily totals. It's easy to view a low count day as a 'failure' so goal for **70,000** steps per week rather than 10,000 steps per day and operate from a weekly *success* standpoint. **Remember** that results depend on effort, so if you're hoping to lose weight, goal for 12,000 steps a day and add on to that over time.

Your mission for physical activity, today and *always* is to do **more than what is normal for YOU**. Improve your success by setting goals, walking with a friend, drinking plenty of water and eating healthy foods throughout the day.



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WALKING to Health: 10,000 steps ... *and beyond*

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Name: _____ Start Date: _____

My START POINT calculation:

Day 1	Day 2	Day 3	Average Steps

My START POINT is: _____ steps/day

My *first* GOAL is to increase to: _____ steps/day

by _____ (date) ... use the 'Add-on chart' to create your realistic timeframe.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<i>My goal this week</i>								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
My weekly TOTAL								
<i>Steps/day I'll add next week</i>								



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Make a time commitment. Find time for walking *beyond* your day-to-day. Schedule a short walk on your break each day, or a longer one at lunch a few times a week. Put planned walks in your calendar and enjoy how good it feels to commit to your health *one step at a time*.

Investigate *and* Celebrate. Each week, keep track of your steps *as well as* any triumphs or challenges you experience. Write them down. *Investigate* weekly barriers. What got in your way, how did it affect your walking plans? When barriers pop up, rather than sit down and give up the goal, keep walking, even if you're taking a few less steps than you'd hoped. Progress comes *one step at a time*, and you'll still get there if you're still walking! *Celebrate too*. If you find you're meeting your goals, don't forget to congratulate yourself, even with something as simple as a *gold star* glued to your weekly chart.

Enjoy your 'step-wise' journey!



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