

STEP IT UP CHALLENGE

HOW TO FIT YOUR STEPS INTO YOUR ROUTINE

Experts agree that reaching a benchmark of 10,000 steps a day is a good way to improve and/or maintain our overall health and wellness.

The concept of 10,000 steps actually began in Japan in the 1970's. A group of researchers, led by Dr. Yoshiro Hatano, found that most people took an average of 3500 to 5000 steps a day. If this was increased to 10,000 steps, not only would they burn about 20% of their caloric intake but also would see benefits to their health and fitness. Setting a goal of 10,000 steps can be within your reach by integrating one or two of these ideas into your daily routine. Keep in mind that if 10,000 steps seem challenging at first, add more steps to your current baseline and work toward your goal!



WALK YOUR KIDS TO SCHOOL.

Busy family lives include busy mornings which can make it tempting to hop in the car. For those who live within 20 minutes of their designated school, try swapping the morning car ride for travel by foot - this can translate into approximately 2000 steps! Walking to school can provide other benefits like more quality time, exercise, better moods, and an opportunity to explore the neighborhood!

WALK THE DOG.

A 30-minute brisk walk with the dog will get you about 5000 steps! Do this twice and you have reached your daily goal! Even if you don't have a dog, there are many shelters who would gladly welcome volunteers to walk a dog for a few minutes a day, or a couple of times a week. See what opportunities exist in your area.



WWW.EWSNETWORK.COM



INFO@EWSNETWORK.COM

STEP IT UP CHALLENGE

HOW TO FIT YOUR STEPS INTO YOUR ROUTINE

MAKE YOUR BREAKS & MEETINGS MOBILE

Schedule some time and take that coffee break or meeting and make it mobile! Take the stairs, walk an office circuit with a co-worker; if you work from home, get outside and walk around the block. Each of these can add up to 1000 steps towards your goal. You can make a lot of progress towards your goal by chipping away at it a little at a time, on a consistent basis.



GET IT DONE.

Sometimes, life can already feel overscheduled and adding in more tasks can make things even more stressful. Tackle all of your steps in a brisk one-hour walk, 30-minute run, or a hike in the park.



Whether you are striving for those 10,000 steps a day or setting a goal to simply being more mobile and active in your day, your overall health is your ultimate goal. Living a less sedentary lifestyle and moving a little more each day will lead to better health! An active lifestyle will become easier, and eventually become a part of your daily routine.

*Source: www.hbanet.org
<https://www.voome.com.au/blog/10000-steps-demystified/>*

WWW.EWSNETWORK.COM



INFO@EWSNETWORK.COM