

find your fit

COUNT YOUR STEPS

HOW MUCH WALKING IS ENOUGH?

The average person in Canada accumulates about 3,500 to 5,000 steps over the course of a day. Research indicates that you should add 2,000 to 3,000 steps to your current daily activity to improve your health. It only takes five minutes to go 500 steps. So, only 30 minutes of extra activity during your average day will get you the added distance. Add that 30-minute walk to your increased walking activity at work or school and you can see how living an active lifestyle at 10,000 steps per day is easier than you may think.

SET A DAILY GOAL

Your starting daily goal should be based on your current level of daily physical activity. To find this starting point, or baseline, simply wear a pedometer or other step-counter device for a week to record the number of steps taken each day. The average of this activity is your baseline. You'll want to increase your activity gradually. A reasonable goal is to increase your daily number of steps by 500 each week. For example, if your baseline is 4,000 steps per day, then your goal for week one is 4,500 steps per day. For week two, your goal increases to 5,000 steps. For week three your goal rises to 5,500 steps, and so on.

START COUNTING

Counting steps is easy. Don't worry - you don't have to keep track in your head. A simple pedometer, a small and simple electronic device, can count them for you all day long. Clip the pedometer to your waistband or belt directly above your knee on the side of the hand you write with. The pedometer will then track every step you take.

KEEP A RECORD

There are lots of tools to help you record your daily step count. Logbooks are an easy way to track your progress and to stay motivated. You could also try recording your daily step count in online logging system, such as a website or walking app. A few suggested logging systems include:

- Stepscount
- Carrot rewards
- Fitbit
- UMOVE App
- Apple App

DID YOU KNOW?

- 1 hour of housework is **4,488 steps**
- 1 hour of dancing is **7,194 steps**
- 1 hour of jogging is **10,494 steps**
- 1 hour of ice skating is **10,560 steps**
- 1 hour of ultimate Frisbee is **11,999 steps**

