

10,000 Steps Toward Healthy Living Program

- The 10,000 Steps Toward Healthy Living Program requires a \$13 registration fee which covers the cost of your own step counter.

Where Else Can I Buy a Pedometer?

- Many department stores and sports stores carry pedometers.
- They range in price from \$10 to \$50 with most of them costing approximately \$20.



Location:

**Health Promotion Centre
Cambrian Mall**

For more information or to register, please contact:

Algoma Public Health
1-866-892-0172
www.algomapublichealth.com



Learn About Walking with a Pedometer and Healthy Eating

10,000 Steps Toward Healthy Living



Simple 4-week program that involves a pedometer and nutrition information. It will help increase your physical activity and improve your eating habits.

10,000 Steps Toward Healthy Living

What is 10,000 Steps Toward Healthy Living?

- Structured 4-week program
- Walking using a pedometer (step counter)
- Physical Activity information sessions
- Nutrition Education information sessions
- Individual Walking Program based on your goals
- There will be a \$13 registration fee which includes your own step counter
- **FUN!**

What are the Benefits of Physical Activity and Healthy Eating?

- Physical activity and healthy eating have proven to reduce the risk of stroke, heart disease, Type 2 diabetes and certain forms of cancer.
- Physical activity and healthy eating will also help increase energy, maintain a healthy body weight, reduce stress, develop cardiovascular health and bone density.

Why 10,000 Steps a Day?



In the normal course of events, most adults walk anywhere between 900 to 3,000 steps per day.

To achieve and maintain better health, the recommendation is 30 minutes of physical activity on most days of the week.

Adding an intentional 30 minute walk each day will help you achieve 10,000 steps.

Who Can Participate?

Anyone who is able to walk. Whether you are active or just starting, the 10,000



Steps Program is an easy and safe program to use.

Make sure to consult with your doctor before starting a new physical activity program.

10,000 Steps Toward Healthy Living Program

Week 1

- Physical Activity Questionnaire (PAR-Q)
- Walking with a Pedometer (Step Counter)
- Group Walk

Week 2

- Physical Activity Basics
- Nutrition Education Session: Part 1 (Canada's Food Guide to Healthy Eating)
- Goal Setting
- Group Walk

Week 3

- Nutrition Education Session: Part 2 (Learning About Food Labels)
- Learning How to Stretch
- Goal Setting
- Group Walk

Week 4

- Appropriate Walking Footwear
- Goal Setting and Evaluation
- Group Walk