

Ways to increase the number of steps per day

- Take the stairs instead of the elevator
- Park further away from entrances
- Get up from your desk and take a short walk each hour
- Deliver mail to co-workers in person
- Use a cordless phone and walk while talking
- Walk during commercial breaks
- Walk on your lunch hour



Learn About Waking with 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

Pedometers are also available to loan from your local library

For more information
please contact:

Algoma Public Health
(705) 759-5417



Adapted from
Shape Up America
10, 000 Steps Program

10,000 Steps Program



A simple 8-week program that involves a pedometer. It will help you to increase your physical activity and allow you to experience the wonderful benefits of better health.

10,000 Steps Program

Why 10,000 steps a day?

In the normal course of events, most adults walk anywhere between 900 to 3,000 steps a day. To achieve and maintain better health, the recommendation is 30 minutes of physical activity on most days of the week. It has been shown that to achieve 10,000 steps, it is necessary to add an additional walk into a daily routine (usually about 30 minutes).

What are the benefits?

Physical activity has been proven to reduce the risk of stroke, heart disease, Type 2 diabetes and certain forms of cancer.

It also increases energy, helps to maintain a healthy body weight, develops cardiovascular fitness, strength and bone density.

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.

How does it work?

Clip your pedometer on in the morning, just above your hip bone and it will count every step you take throughout the day.

The pedometer stays on until you retire for the night.



How do I get started?

Start out by wearing the pedometer each day for a specific period of time (usually 2 weeks) and record your steps each day.

When the trial period is over, add up the steps from each day and divide by the number of days to get the average. This is your starting point.

Set a goal for yourself (e.g., 2,500 steps) and try to reach that goal every day for one week. Set a new goal every time you reach the previous one until you are walking 10,000 steps per day.

It takes about 6 months to “lock” in any new behaviour so be prepared to dedicate yourself to each new goal and keep the program going for at least 6 months.

Keeping an exercise log each day will help you to keep track of your progress.

