

# WALKaDAY<sup>SM</sup>



# 15<sup>to</sup> FIT



## MAKE EXERCISE A HABIT

Use the spaces above to record each day during the month that you walk for 15 minutes or more.

If you walk every day for the next 28 to 30 days, chances are good that it may become a habit.



# Reasons for Walking

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## **WALKING IS A LOW-RISK ACTIVITY**

Walking is an easy, inexpensive, practical, low-risk, and fun activity. It's also America's most popular physical activity, with 17 million people who walk frequently.

## **WALK 10,000 STEPS A DAY**

The latest research indicates "10,000 steps a day" meets the guidelines set by the American College of Sports Medicine and the Center for Disease Control for physical activity. Most individuals walk somewhere between 3,000 to 5,000 steps a day. To maintain your health, you should walk at least 6,000 steps a day. However, 10,000 steps a day benefits your health the most. Attaining this goal does not require drastic lifestyle changes.



## **WALK TO LOSE WEIGHT**

While you can see improved blood pressure and lower cholesterol with 10,000 steps of activity per day, it likely won't be enough to lose weight (fat) and maintain weight (fat) loss. The amount of physical activity required to lose weight is 2,000 to 2,800 kilocalories per week. That is approximately 12,000 to 18,000 steps a day. This does not mean you need to start with 12,000 steps a day—the idea is to work up to a reasonable goal.

## **WALK FOR YOUR HEART**

Your heart is a muscle. Anything you can do to make the blood flow faster through your heart helps to keep it in shape. Some researchers suggest that a walk consisting of 4,000 to 6,000 uninterrupted steps a day will help strengthen the heart even more.

## **WALK AND ENJOY IT**

Find an activity that you enjoy and that will not disrupt your life too much. It must be something you are able to do almost daily for the rest of your life.