



Get Moving: Add Steps to Your Day



Walking is convenient, inexpensive, and something you already know how to do. Go at your own pace and set your own goals.

Regular walkers are less likely to get heart disease, stroke, diabetes, some cancers, and other diseases. They often live longer and enjoy better physical and mental health.

Make a plan

When can you add walking to your schedule? Are you able to:

- Take short breaks in the day?
- Wake up a little earlier in the morning to go for a walk?
- Get a comfortable pair of walking shoes?
- Walk in place at home, and balance yourself with a chair if needed?

Try a step counter

Using a step counter can be a great way to stay motivated. A pedometer, wearable fitness tracker, or app senses your body's motion and counts your footsteps.

Most smartphones can also track steps. Use it or another device to set an alarm every 30 minutes, reminding you to stand up and take a few steps while you're at work or watching TV. Every step counts!

Set goals

Try using your step counter for one week. Record your steps each day (see chart on page 2). With a little extra effort, many people can walk 2,000 to 4,000 steps in a normal day. Try these tips:

- Add an extra 50 to 100 steps per day after your first week.
- Gradually increase your walking speed or the time you walk.
- Work toward taking 10,000 steps every day. Do your best and don't get discouraged.

Add steps to your day

A simple walk down your driveway to get the mail can add 100 steps to your daily count. You can also add steps by:

- Doing simple errands on foot.
- Breaking up activities into 10-minute intervals.
- Getting a change of scenery—walking in the park, by the water, or in a new neighborhood.
- Walking with co-workers, friends, and family.
- Having a work or social “walking” meeting.

Also try to:

- Take the stairs instead of the elevator.
- Use the restroom or printer on a different floor at work.

Stay motivated

Focus on your achievements.

Nothing is more powerful than achieving your goals. With persistence, you can get there!

Set new goals regularly. Create a new challenge for yourself, such as joining a walking club or other community event. This can help you stay motivated.

Make it fun. Walking gives you time to relax, socialize, and regroup. Walk in a park or listen to music. Take a family walk after dinner. Find ways to make each step enjoyable.

Keep a journal. Track your progress daily in a log or app. Write down how you plan to resolve obstacles.

We're here to help

Learn more about staying active and keeping fit at kp.org/exercise.

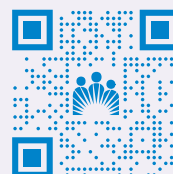
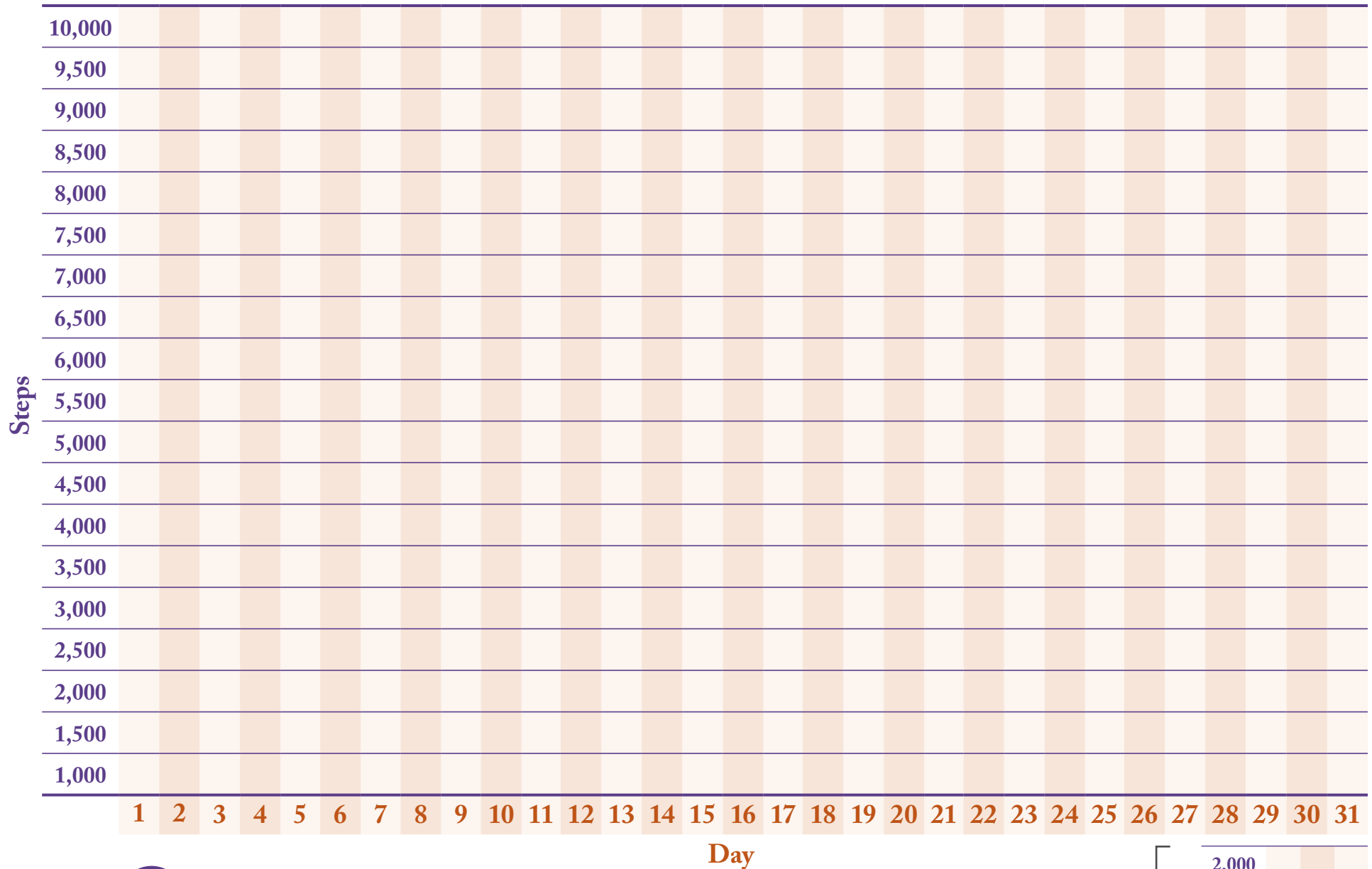


Chart Your Steps. Follow Your Progress.



Track Each Day

Fill in the boxes up to the number of steps you walk each day.

Example

Steps	2,000			
	1,500		✓	
	1,000	✓		✓
		1	2	3
		Day		

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.

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