

10,000 in 80 STEPS DAYS

10K STEPS IN 80 DAYS IS A Pedometer Walking Program that increases a sedentary person who is walking only about 2,000 steps per day to the recommended 10,000 steps per day in just 80 days.

How far is 10,000 steps? For the average person whose stride length is approximately 2.5 feet long, it would take about 2,000 steps to walk 1 mile and 10,000 steps to walk 5 miles.

Experts say that most people UNDERestimate how much they eat – and OVERestimate how much they move. A pedometer is a must-do walking tool for tracking our steps. They're inexpensive, easy to use and keep us honest. Wear it from when you first get up in the morning until you go to bed at night. You just may be surprised how many ... or few ... steps you're taking each day. At the end of each day check your steps and jot them down in a little notebook. Every 2 days increase your steps by 200 per day. That's 1,000 steps, or about a half a mile, in a 10 day period.

Here's a few ways to get in more steps each day. Try them or come up with your own.

- Take the stairs instead of the elevator
- Park farther away from the store
- Walk the dog
- Don't sit – WALK up and down the sidelines at the kid's games
- Pace when you talk on the phone
- Ask co-workers to have "walking meetings"
- Get up to turn the TV channels (what a concept!)

Check yourself every evening. If you have upped your steps throughout the day and have enough to meet your goal for that day, then a walk in the evening is optional. If not, put on the sneaks and get outside.

Journal your steps and watch them grow. For someone starting out at a sedentary 2,000 steps a day, a 200 step per day increase every two days will get them to 10,000 steps in about 80 days. Hey, it's not around the world, but it's a few steps closer to better health.

Important things to remember before walking:

- Always check with your physician before beginning ANY exercise program.
- Walking may not always be easy, but it shouldn't hurt. If it does, get checked out.
- Breathing should not be too labored. If you are pushing yourself, your breathing will be elevated, but you should never be gasping. [Try the "Talk Test": Can you answer a question easily? You are walking too slow. Can you not answer a question at all? You are walking too fast.]
- Stretch before and after walking to prevent injury.

NOTE: The above program is for someone in generally good shape. Ten thousand steps does NOT have to be accomplished in 80 days. The goal is to get there – and get there in a time period that is healthy for YOU.

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