

Pedometers

How Many Steps Do I Need?

We know the many benefits of walking. It helps to keep us healthy by reducing our risk of cardiovascular disease, diabetes, and some types of cancer. It also helps us maintain or lose weight. Counting daily steps is becoming more popular every day. Pedometers seem to be everywhere. Maybe you are thinking about purchasing a pedometer, or maybe you have one and you are ready to start counting your steps. If so, here are some tips for using a pedometer:

- Wear your pedometer all day to get an accurate count of your steps.
- Clip it to your belt or the waist of your pants.
- Press and hold the reset button at the beginning of each day to clear the steps from the day before.



It is important to know how many steps you need a day to be considered active. Knowing what activity category you fit into now will allow you to set goals and achieve more steps each day.

Below is a chart that will help you classify the amount of steps you take each day.

Number of Steps Per Day	Activity Category
Less than 5,000	Sedentary (Not exercising at all)
5,000 to 7,499	Low Activity This is typical of daily activity without including sports or planned exercise.
7,500 to 9,999	Somewhat Active This range is typical if you have a physically demanding job.
10,000 or more	Active
More than 12,500	Highly Active

Setting Goals

- **Set small, reachable daily step goals.**
- **If you currently get 3,000 steps a day, don't get overwhelmed with trying to reach 10,000.**
- **Make a goal of 500 more steps each day.**
- **Once you achieve that for a few weeks, add 500 more.**

Here are some tips for adding more steps to your day:

- Take the stairs.
- Walk to your mailbox.
- Go to a restroom on a different floor.
- Walk down the hall to deliver a message instead of calling or e-mailing.
- Park farther away from your destination.
- Walk around or straighten the house during the commercial breaks of your favorite television show.
- Meet friends for a walk instead of a meal.
- Get up and change the channel on the television.
- Make more trips when carrying groceries into the house.
- Go dancing.
- Take a short walk on your lunch break.
- Track your daily physical activity by registering for Get Moving Kentucky! through your County Extension Office or at <http://www.ca.uky.edu/heel/getmoving.htm>



For more information on health issues in Kentucky, please log on to:

www.ca.uky.edu/HEEL

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Sources:

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Clemson University Campus Recreation. "How to get more steps in each day" at <http://stuaff.clemson.edu/campusrec/10,000StepsTips.pdf>

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