

Walk Your Way to Wellness: Pedometer Challenge

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Date								
Weekly Step Goals								

	Daily Steps Total	Daily Steps Total	Daily Steps Total	Daily Steps Total	Daily Steps Total	Daily Steps Total	Daily Steps Total	Daily Steps Total
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Weekly Step Total								



Rules:

- ✓ Wear your pedometer each day
- ✓ Honor system: at the end of each day, record your steps on your tracker
- ✓ At the end of the week, add up your weekly step totals

Steps Fun Facts:

- ✓ **2,000 steps** to walk **1 mile**, and 10,000 steps is close to 5 miles
- ✓ An average city block is equivalent to 200 steps
- ✓ On average, every minute walk to **prolong life of 1.5 minutes to 2 minutes**
- ✓ The experts agree, walk **6,000 steps** a day to improve your health, and **10,000 steps** to lose weight
- ✓ Walking an extra 20 minutes a day will burn off **7 pounds of body fat per year**
- ✓ Walking burns approximately the **same amount of calories per mile as does running**. For example, walking briskly for one mile in 15 minutes burns about the same number of calories as jogging an equal distance in 8.5 minutes
- ✓ Duke University Medical Center found that a brisk 30-minute walk or jog around a track three times a week was just as **effective as antidepressant medication** in relieving the symptoms of major depression
- ✓ Walking one mile a day burns **100 calories**
- ✓ If you add just 2,000 more steps a day to your regular activities, you may never gain another pound, says research by Dr. James O. Hill of the Center for Human Nutrition at the University of Colorado Health Sciences Center
- ✓ A recent Harvard study shows that walking at a moderate pace (3mph) for up to 3 hours a week -- or 30 minutes a day -- can **cut the risk of heart disease in women by as much as 40%**
- ✓ If you walk regularly (3 or more times a week for a half hour or more) you are saving \$330 a year in health care costs, according to a survey published in the October 2000 issue of *The Physician and Sports medicine*
- ✓ Avoiding just 10 miles of driving every week would **eliminate 500 pounds of carbon dioxide emissions a year**

