

News you can use...from your EAP

10,000 Steps to a Better Life

Researchers have concluded that people who burn at least 2,000 calories in conscious physical activity a week (climbing stairs, walking and formal exercise) show vastly better health profiles and longevity than sedentary people. To help people plan and monitor their physical activity, health experts have introduced “steps per day” as a standard unit of exercise measurement. The new goal for exercise? Walking 10,000 steps per day.

10,000 steps of walking burns roughly 300 to 450 calories per day. This means a person who averages 10,000 steps a day will, over the course of a week, end up burning 2,100 to 3,100 calories by walking.

For most people, 10,000 steps per day is around five miles worth of walking during the day. Unless you have an active job, it would be difficult to log that by just daily activity. Most people achieve it by one or more sustained walks or runs, equivalent to 30 to 60 minutes or more of walking per day.

10,000 steps per day

Below are suggestions on how to walk at least 10,000 steps per day:

- Buy a pedometer at a sporting goods store. A pedometer counts how many steps you take. The first time you wear it, count how many steps you normally take in a day. A reasonable goal for most people is to increase your average daily steps each week by 500 per day until you can easily reach 10,000 per day. **Example:** If you currently average 3,000 steps each day, your goal for week one is 3,500 steps each day. Your week two goal is 4,000 steps each day, and so on.
- Schedule walks on your calendar.
- Ask family members, friends or co-workers to join you. Set goals together.
- Join a walking group or club.
- Set a goal to take part in an organized fitness walk.
- Plan family outings around walks together. Being physically active with kids sets an example they'll follow as they grow older.
- Add steps whenever you can: At work, walk during your breaks or lunch. Walk up flights of stairs instead of riding the escalator or elevator. Park your car farther away from work or store entrances. When possible, walk to the grocery store, work, school or shopping.

NOTE: It is recommended that you see a physician prior to starting any new exercise program.

Your EAP is here to help

Remember, your EAP is available to help you or your dependents with any personal, family or work-related concern. If you or a family member needs help, why not call an EAP counselor today? We're here to help.