HEALTHY HEARTS!
HEALTHY YOU!

https://www.webmdhealth.com/zollwellness/

10,000 Steps

HEALTH BENEFITS OF WALKING

- Reduces risk of health problems like heart disease and diabetes
- Strengthens muscles and prevents bone loss
- Reduces stress and boosts your mood
- Improves sleep
- Helps with weight management

Walking regularly is a great way to get the recommended 150 minutes of physical activity a week. The American Heart Association suggests that you work your way up to 10,000 steps per day, which is about 5 miles. People who take 10,000 steps a day are considered active and with some changes to your daily routines, you can be one of them.

8 Ways to Get Steps During the Busy Work Week

GOAL: 1,000 STEPS

1 **Every step counts.** Park in the spot furthest away, take the stairs instead of the elevator, walk to a colleague's office instead of emailing, and use the restroom furthest from your desk. These extra steps add up!

2 **Break up the day.** Set a reminder on your phone to get up and walk for 5-10 minutes every hour.

3 **Walk around.** Take a brisk walk around the perimeter of the property when you get the mail or when you arrive home. Walk to the barn instead of using an ATV.

4 **March in place.** Pick a few activities, like brushing your teeth or folding laundry, and march in place while you do them.

GOAL: 2,500 STEPS

5 **Walk to work or walk your kids to school.** Get some steps early in the day! If you can't walk to work, get off public transportation a stop early and walk the rest of the way.

6 **Take a lunch break.** Keep a pair of sneakers under your desk and spend 20 minutes of your lunch break walking briskly outside.

7 **Hold walking meetings.** Brainstorm with colleagues on walks instead of in a conference room.

8 **Take the dog out.** Walk your dog once or twice a day. Aim to walk at least a mile.

Breaking up sedentary periods with movement is good for your health. Even if you exercise regularly, it is important to move throughout the day.

8 Ways to Move More on the Weekend

GOAL: 5,000 STEPS

1 **Support a cause.** Sign up for a 5k for your favorite charity.

2 **Walk your errands.** If possible, walk to nearby stores. Take a lap around the perimeter of a store or walk down every aisle.

3 **Find a walking buddy.** Schedule weekend walks with a friend to stay accountable. Walk at the mail if it's raining or cold outside.

4 **Do your chores.** Get steps by mowing the lawn, raking leaves, and vacuuming.

5 **Have fun.** Take a Zumba or kick-boxing class. Play basketball, racquetball, or tennis.

GOAL: 10,000 STEPS

6 **Take a hike.** Go for a long walk on a trail or in a state park.

7 **Start a weekend challenge.** Compete with coworkers or family members to see who can get the most steps on the weekend.

8 **Get caught up on the treadmill.** Limit certain reading or TV shows to time spent on the treadmill and you'll be motivated to get moving!

Walking in nature has added health benefits. Time spent outdoors in natural environments can improve mental health and vitality.

© WebMD Health Services Group, Inc. DWS Division.

WebMD health services