

Keep walking



Congratulations! You have reached your healthy target. You should keep walking at this level to continue to gain health benefits.

If you want to continue to record your steps please contact Paths to Health for further step cards or visit www.pathstohealth.org.uk/steplog to record your steps online.

How many steps and at what pace?

Main goal = starting step count + 3,000 steps, 5 or more days per week

Pace = Breathe harder and feel warmer (walk but still able to talk!)

- Most people walk, on average, 2,000 - 5,000 steps per day doing normal everyday actions such as making a cup of tea or moving around the house.
- For adults, the recommended amount of physical activity to benefit health is 30 minutes of activity that makes you breathe harder and feel warmer (i.e. brisk walking, as if you were late for an appointment) on 5 or more days of the week.
- In walking terms, 30 minutes is about 3,000 steps.

Top tips to increase your steps and keep walking

- Try walking on most days of the week. You can start with a 10 minute walk and gradually increase the time you spend walking
- Walk to work and leave the car at home for a change
- Use the stairs instead of taking the lift
- Get off the bus a few stops early and walk the rest of the way
- Leave the desk and walk in your lunch break
- Walk with a workmate and you can still catch up on the chat
- Discuss business while walking; hold a 'walking meeting'
- Rather than e-mailing colleagues deliver the message in person
- Walk to relax and de-stress, take a stroll in the park and enjoy being outdoors.

Any problems with your pedometer?

Visit www.pathstohealth.org.uk/pedometer and click on Pedometer FAQs

Consider setting up a walking group from your workplace, visit www.pathstohealth.org.uk/workplace for information about training and grants

walk the walk



Counting **steps** to better health
Step Count Card



For information about Paths to Health and workplace walking go to www.pathstohealth.org.uk/workplace

4 steps to more steps!



12 Week Step Count Record Sheet

WEEK	STEP GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Step 1.

Before you start - Get to know your pedometer

Have a practice day before you start recording your steps. Make sure the pedometer is working and that you are happy with how to position it so that it counts correctly and records steps. Use the Pedometer Instruction Card for information on how to position and test your pedometer.

Step 2.

Find your starting step count

- Write down the number of steps you take on 3 typical days
- Add these together and divide by 3
- Round this number to the nearest 500
- This number is your starting step count!

Example

Day 1 + Day 2 + Day 3 = Total ÷ 3 Round to nearest 500 = starting step count!
 2,950 + 3,792 + 3,015 = 9,757 ÷ 3 3,252 (Round to nearest 500) = 3,500

Step 3.

Set your goals

Goal 1 = start step count + 1,500 steps = on 3 days of the week

Goal 2 = start step count + 1,500 steps = on 5 days of the week

Goal 3 = start step count + 3,000 steps = on 3 days of the week

Goal 4 = start step count + 3,000 steps = on 5 days of the week

Step 4.

Get walking – Work towards your goals

- Write your step goal in at the beginning of each week
- When you have hit your goal, move onto the next one
- You should spend at least 1-3 weeks on each goal
- Try and complete all 4 goals in 12 weeks!
- Remember, you only need to record your steps on the days you have set goals.