



Loss Control Insight

10,000 STEPS A DAY

How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits. I have outlined the basic 10,000 steps program, but also added a commentary below.



Sadly, the few who actually checked their e-mail, were too out of shape to run.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. **Example:** If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bed time. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day.

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Better yet, walk to the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor
- Get outside to walk around the garden or do a little weeding

Continue to track your daily steps and/or mileage; and keep notes on how you feel, how your body is improving, or other changes you are making to improve your health.

If you are in very poor physical condition or at any point you feel that you are progressing too rapidly slow down a bit and try smaller increases. If you have any health concerns seek your physician's advice prior to starting or changing your exercise routine.