

10,000 STEPS

Walking 10,000 steps is good for your health. Women of an unhealthy weight who walked 10,000 steps each day had:⁷⁻¹²

- Lower blood pressure
- Lower risk of diabetes
- Lost inches from their waist
- Lost weight

TIPS OF THE WEEK

- Walking 10,000 steps helps you lose weight, lower blood pressure, and lower diabetes risk.
- Walking is a great way to bond with the baby.
- Walk 75 minutes each day. That equals 7,500 steps each day!

Walking 10,000 steps sounds like a lot, but you are more than half-way there! Walking 10,000 steps is the same as walking 5 miles.¹ You do not have to walk all 10,000 steps at once. Take a break on a bench for a few minutes if you need to rest.³⁻⁶

Walking is a great way to bond with the baby! Take the baby out for a morning walk. The rocking motion of the stroller helps put the baby to sleep. Keep these tips in mind:

- Only walk as far as you feel comfortable³⁻⁵
- Take breaks when you need them.
- Drink water before, during and after walking. The best way to tell if you are drinking enough water is to check the color of your urine – it should be a light yellow color.²

THERE ARE MANY WAYS TO TRACK YOUR ACTIVITIES:

PEDOMETER

Set it to 'zero' each day and clip on your waist or belt. Wear it all day, except when you shower and sleep. Jot down the number of steps walked every 24 hours.

PHONE APP

Download an app on your phone that counts your steps. See apps section below. Carry your phone in your pocket to record the number of steps you take each day

WATCH

Jot down the time you started to walk. Jot down the time you finished walking.

RESOURCES:

GET FIT! 5 TIPS TO GET YOU MOTIVATED TO MOVE

webmd.com/parenting/raising-fit-kids/move/motivated-to-exercise?page=1

10,000 STEPS – GETTING STARTED

<http://www.stjhs.org/HealthCalling/2015/May/Five-Tips-for-10-000-Steps.aspx>

EVERYBODY WALKS – 10,000 STEPS

everybodywalk.org/component/content/article/97--health-a-success-articles/103-attain-10000-steps-per-day.html

WHY YOU NEED TO WALK 10,000 STEPS

sohofeet.com/blogs/news/12966213-why-you-need-to-walk-10-000-steps-per-day



APPS:

SET SMART GOALS

itunes.apple.com/us/app/be-s.m.a.r.t./id581917406?mt=8

MAP MY WALK

itunes.apple.com/us/app/walk-map-my-walk-gps-walking/id307861492?mt=8

FITBIT

itunes.apple.com/us/app/fitbit/id462638897?mt=8

EVERYBODY WALK

itunes.apple.com/us/app/every-body-walk!/id605043801?mt=8

RUN KEEPER

itunes.apple.com/us/app/runkeeper-gps-running-walk/id300235330?mt=8

BLOGS:

FITBIT BLOG – THE MAGIC OF 10,000 STEPS

blog.fitbit.com/the-magic-of-10000-steps/

WALKING IMPROVED MY LIFE IN COUNTLESS WAYS

sparkpeople.com/resource/fitness_articles.asp?id=1213

VIDEO

WHY WALK 10,000 STEPS

news.discovery.com/human/videos/why-you-need-to-walk-10000-steps-a-day-video.htm

HOW TO REACH 10,000 STEPS

<https://www.sharecare.com/video/fitness-and-exercise/walking/4-tips-to-hit-10000-steps-a-day>

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