



Taking Steps Towards a Healthy Life

Counting the number of steps you take in a day is an easy and simple way to track and monitor your physical activity. You don't need much just a good pedometer, a pen and paper, and maybe an activity converter sheet, so you know how many steps you are taking while jogging or waxing the car. Below are the steps given by the organization America on the Move for starting a new exercise program that counts steps. It is as easy as 1-2-3.

Step 1: Calibrate your pedometer.

Attach your pedometer to the waist of your pants or belt. Place the pedometer 2-4 inches to the left or right of your belly button. Do not wear the pedometer at you side next to your hip bone. Make sure the pedometer is straight and not at an angle. Once the pedometer is positioned correctly take 100 normal steps then look at the display on the pedometer. The display should read between 90-110. If it is outside of this range then you may need to reposition the pedometer to another area.

Step 2: Record your baseline.

Wear your pedometer for 3 consecutive days in the week and record the number of steps you take at the end of each day on your activity tracker sheet. At the end of the three days add up your steps from each day and divide by three. This will give your baseline number. You should try to increase the number of steps you take each day by 2000 steps from your baseline. It is important that during the first three days when you are finding your baseline, that you not increase your activity beyond what you were doing prior to starting the program.

Step 3: Setting a goal.

Goal setting is an important part of any exercising program. People are often more successful at maintaining exercise if they have small goals to work towards. Your first goal should be to increase the number of steps you take per day by 2000 steps. Once you reach that goal, you can set another goal. The goal should be challenging yet attainable.

For more information on counting step programs, like America on the Move's, visit www.americaonthemove.org. You can register there for free, and the website contains useful information and tools, such as an activity tracker and an activity converter sheet plus tips on how you can add 2000 steps into your daily activity.

Source: America on the Move, www.americaonthemove.org

