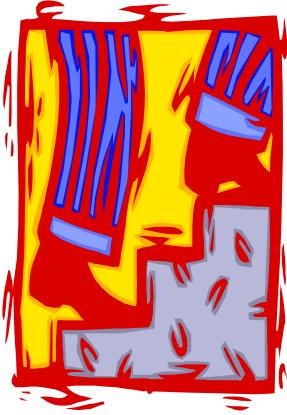




Small Changes for Health 2006

Week 28



Wearing a pedometer, and counting the number steps you take in a day is great way to monitor how physically active you are throughout the day. According to America on the Move, an organization committed to improving the health of our nation by counting the number of steps people take, everyone should have a personal goal of how many steps they want to take in one day. Starting at baseline, one should gradually increase the number of steps they take each day by 2,000 steps until they reach their goal. Once they reach their goal then they should set a new goal. For weight balance and optimal health, it is recommended that everyone strive to take 20,000 steps a day. Taking the stairs is one simple way to increase the number of steps you take. So get a pedometer, get off the elevator, and start increasing the number of steps you take today. For more information on how to obtain a pedometer and start a walking group, visit www.americaonthemove.org

Your Small Change: For this week, make sure that you walk up at least 4 flights of stairs 5 days this week.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

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Follow-Up: Week 28

Your Small Change: For this week, make sure that you walk up at least 4 flights of stairs 5 days this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

