



2009  
**leg it!**

LET'S  
EXERCISE  
GIRLS!

STRIDE INTO  
THE NEW YEAR

# PEDOMETERS

## What is a pedometer?

A pedometer is a small electronic tool that counts the number of steps you take.

## How to use it?

- Wear it snugly against your body, attached to a belt or the waistline of your clothing.
- Use the mode button to set stride length, weight and walk/run, then you are ready to go!
- Press reset to return the counter to zero at any time.

## How active are you?

Wear your pedometer for about three days to give you an indication of how many steps a day you currently take.

This represents your present level of activity and tells you where you should start in the 'Stride into the New Year' programme.



Steps per day	Level of Activity	Start
10,000 or more	Sufficiently active	Maintain this level of activity
7,500—9,999	↑	Step 3
5,000—7,499		Step 2
Less than 5,000	Sedentary	Step 1

## Step 1: Walking More

During the next two weeks try to walk on different days. Try to do 2-3 short walks (10-15 mins) each week. Remember a 10 minute walk can increase your steps by 1,000.

## Step 2: Walking Longer

The aim of this stage is to increase your walking time. During the next four weeks, your walks should be at least 15 minutes, increasing to 30 minutes or longer. Walk on at least three days and try and increase this to four.

## Step 3: Pick up the Pace

For most health benefits you need to pick up the pace of your walking and walk regularly. During the next six weeks, increase the pace of your walking. Try to walk fast on 3-5 days a week for at least 30 minutes or more. Walking fast means you lengthen and quicken your stride and swing your arms.

## Walking Tips

- Plan on which days you will walk and for how long and make sure this plan is realistic and achievable.
- Catch up with friends over a walk.
- When you use your car, park it 10 minutes from your destination and walk the rest of the way.
- Take the stairs instead of the lift.
- Put a reminder on your desk to walk.
- Create routes in your neighbourhood where you can walk for at least 15 minutes continuously.
- Plan longer walks at the weekend.
- Take walking shoes to work and arrange to walk during lunch with a colleague.
- Consider joining a local walking club.

## Why Walking?

Walking is a great way to accumulate 30 minutes or more of physical activity on most days of the week. It is also:

- Easy
- Convenient
- Inexpensive
- Good for the environment
- A social outlet

## WALK OFF THE KILOS

Walking is an ideal exercise to speed up weight loss and makes weight control easier. You can walk for longer than you can swim or jog and the longer you are active the more calories you burn off. The most effective way to lose fat and keep it off is the combination of sensible eating habits and regular physical activity.



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