

# Walking

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Walking is such a healthful thing for us to do. Studies have shown that those who walk about 10,000 steps per day (about 5 miles) may lead healthier lives. I've read a lot about 10,000 step programs and that got me wondering how many steps I take during the day. So I got myself a pedometer – the little gizmo that clips to your waistband and records the number of steps you take.

Yesterday, I wore the pedometer for the first time. I have an active job, so by lunch there were 5,000 steps counted and by 6:00 pm after a trip to the dog park, I had 10,000 steps. I'm not sure exactly how precise this pedometer is as I noticed that I would get bonus steps whenever my waistband was jostled, but at least I felt I had an idea of the distance I traveled in that day.

The average person takes 4,000-6,000 steps while completing daily tasks. How far do you walk in a day? There are several websites where you can get tips for beginning a 10,000 steps per day journey. One recommendation is that you wear the pedometer and track your number of steps to get an average over one week. Then, you can start to make improvements by building slowly and increasing your steps by 10% each week.

## **Walking tips:**

- Wear good footwear
- Stand tall when talking
- Bend your elbows and allow your arms to swing forward and back
- Start and end your walk at a slower pace to help with warm-up and cool-down
- Remember to stretch
- Park further away at the store
- Walk the dog more often
- Get up to change the channel
- Walk with friends and chat in person rather than on the phone

Please consult with your physician before beginning an exercise program.