



# Steps to Success

## Program specifics

### How does the program work?

*Health District On the Move* is a 15-week walking program that uses pedometers to track steps. You will record your steps daily, and then log them into a database on a weekly basis. The first week, your baseline week, you will log your daily steps without attempting to increase your activity level. Once you have your baseline, you will challenge yourself to increase your daily steps each week. Your increases will be gradual, as you slowly find yourself more aware of how to accumulate steps throughout the day.

### What is the overall goal of the program?

The Surgeon General recommends that individuals try to get 30 minutes of moderate physical activity most days of the week. This correlates to roughly 10,000 steps/day (~ 5 miles) on your pedometer. The 10,000 steps goal can be reached by adding short walks to your day, and/or increasing the amount of steps you take doing everyday activities such as taking the stairs and parking further from the door. Don't worry if you are not attaining this goal yet, or even after 15 weeks. Just keep on moving!

### Ways to increase steps

- ☉ Walk to the copy machine or restroom farthest from your office or workstation.
- ☉ Use at least 10 minutes of your lunchtime for walking.
- ☉ Walk while you hold a meeting.
- ☉ Instead of a coffee break, take a walk break.
- ☉ Walk into a restaurant or bank and avoid using the drive-thru.
- ☉ Park at the far end of the parking lot and walk to your destination.
- ☉ Walk around the outside aisles of the grocery store before beginning to shop.
- ☉ Schedule your walks in your appointment book.

## Getting a move on...

### How do I get started?

You will need to sign up with your Coordinator. You will also need a pedometer.



### What happens during the baseline week?

Begin tracking your steps on Sunday. Wear your pedometer from when you get up in the morning until you go to bed at night. At the end of each day, record your daily steps on the "Log your Steps" form. Do NOT change your current level of activity for this week.

After 7 days, add up your total steps for the week and divide by 7. This is your daily average. Then multiply that number by .10. This figure will be your daily step goal for each day of the next week (a 10% increase from your baseline).



## Logging your steps

### How do I log my steps?

Keep a log and pencil wherever you take your pedometer off for the night. Record your daily steps on the Log Your Steps! form, the Log Your Steps Excel worksheet, or your own personal calendar.

### How many days do I need to log my steps?

We encourage you to log 7 days a week if possible. Once you get started in the program, it will become a habit to put your pedometer on in the morning, take it off at night, and log your steps for that day.

## Week 2 and beyond

### What happens after the baseline week?

Continue to log your steps and attempt to increase your steps each week (by 10% if possible). Your goal by the end of 15 weeks is to reach 10,000 steps per day. You may have weeks where you do not progress.... that's okay! Just keep on trying to increase your steps overall, and get back on track if you fall off for a couple of days.



### What if I reach 10,000 steps?

If you reach 10,000 steps during the program, that's great! Keep on trying to increase as time permits, but don't necessarily shoot for the 10% goal. Studies have shown that people most successful with weight loss take greater than 12,000 steps/day.

### Why does the program last 15 weeks?

It takes at least 15 weeks for a new behavior to become a habit. By gradually increasing your lifestyle physical activity over 15 weeks, you will be creating a habit that will become a part of your everyday life.

Don't let people drive you crazy when you know it's in walking distance. ~Author Unknown

## Walking goals



### How do I decide on my walking goals?

Your goals should be based on the previous weeks steps. For example, if your daily average in week 1 was 4,500 steps, you should try to increase this by 10% (or 450 steps) for the next week. You should then be striving for 4,950 steps daily. After you achieve that goal, keep on bumping up your steps to challenge yourself. Remember to keep the program simple, and reward yourself for your successes. You'll be at 10,000 steps/day in no time!

## What are participants saying?

- "It was nice to see how easy it is to add more steps to your day—just a few more trips up the stairs, parking further away, etc."
- "I see that I need to take time at work to walk and that *every step counts.*"

## In the Homestretch

### What do I do once the 15-week program is over?

Keep on walking! Even though you will no longer "formally" be tracking your steps, it is important to maintain your physical activity level. Continue to take walks during your lunch hour, substitute the stairs for the elevator, and take your dog for an evening walk around the neighborhood. You can continue to use your pedometer as you see fit. You are helping yourself promote a more active lifestyle.... keep it up!



## KEEP ON MOVING!

health district **on the move!**