

10,000 STEPS CHALLENGE

August 2016



Increased walking can help you:

lower your blood pressure, lower stress levels, lose weight, and much more!

The general recommendation is to aim for **10,000** steps a day. For the average person, based on stride length, this is close to **5 miles a day**. If you are not very active, don't worry! You don't have to walk 5 miles a day. Just track your steps, see how much you walk, and try to go a little farther every day. If you are already active and walking/running a lot, see if you can increase your daily steps as well.

Use the pedometer provided for you by Well@Work to track your daily steps. Put the pedometer on as soon as you get up in the morning and don't take it off until you go to bed. Every step counts! Your pedometer will reset if you lay it flat for an extended amount of time, so try to keep it on your body the entire day. Record your steps each day. Have fun!

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	29	30	

Name: _____

Department: _____

Turn in your completed log electronically to wellatwork@jacksonnc.org or through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Park and Rec.** or fax to **(828) 293-3215**. Your log is due by **September 5, 2016**.

