

Your Walking Program

WEEK ONE

The goal for week 1 is to find out how many steps you take on average every day. To determine your daily step average:

- Wear your step counter for the first 7 days
- Record your steps from the time you get up until you go to bed
- Add your 7 day totals, divide by 7 to get your average number of daily steps. This is your starting point.

SETTING A GOAL

Once you know your number of daily average steps you need to plan a goal. Follow the SMART principal when deciding on your goal.

Specific **M**easurable **A**ttainable **R**ealistic **T**imely

Example goal plan:

To walk a minimum of 10,000 steps daily by September 30th.

Specific—Is my goal specific?

I am trying to walk 10,000 steps daily.

Measurable—How will I measure my goal?

I will use a step counter to count my number of steps every day and I will keep a written record to track my progress.

For a free tracking calendar contact the Perth District Health Unit

Attainable—Can I reach this goal and how?

By taking a 20 minute walk each day and walking to work twice a week.

Realistic—Have I given myself enough time to reach this goal?

I have 2 weeks to reach this goal.

Timely—Have I set a timeline to reach my goal?

I have to walk 10,000 steps daily by September 30th.

Once you have set your goal, create a plan that has a start date and a goal deadline. Make sure you write down your goal and tell a friend or a family member what you plan on doing. By writing it down and telling someone about it you are more likely to reach your goal!

WEEK TWO

During week 2, try to increase your number of steps by 20%.

- Take your daily average number of steps and multiply by 1.2.
- Your answer will be your new number of steps for each day of week 2.

Example:

Daily average in week 1 = 5000 steps/day
 $5000 \times 1.2 = 6000$ steps/day

To increase your 5000 steps a day by 20% you must now walk 6000 steps each day.

WEEK THREE

By week 3 you will find it easier to add more steps to your day. You are going to increase your number of steps by another 20%. Once again, take your daily average number of steps from week 2 and multiply by 1.2.

Example:

Daily average in week 2 = 6000 steps/day
 $6000 \times 1.2 = 7200$ steps/day

To increase your 6000 steps a day by 20% you must now walk 7200 steps each day.

WEEK FOUR

Continue with your 20% increase again this week. If you are already at 10,000 steps a day and you feel good try to increase your number of steps a little more. Remember, if you reach 13,000 steps/day you will begin to see health improvements.

BEYOND 10,000 STEPS

Even if you have gone beyond 10,000 steps you will continue to find ways to include more steps in your day. You may also want to try new activities that may be more difficult such as jogging or swimming (Remember not to wear your step counter when swimming—it isn't water proof!). For more physical activity ideas visit www.paguide.com

Keep aiming for 10,000 steps or more each day, every day, for the rest of your life.

