

Take Steps to Be Active

How to be more active? *Walking!*

Walking is the most preferred method of physical activity. It is free, relatively easy to do and convenient. Walking doesn't require special equipment or facilities and can be done by most people.



30 Minutes!

You can begin by moving 30 minutes once a day, or 15 minutes twice a day, or 10 minutes three times a day.

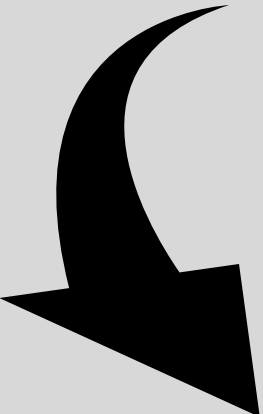
How Active are You?

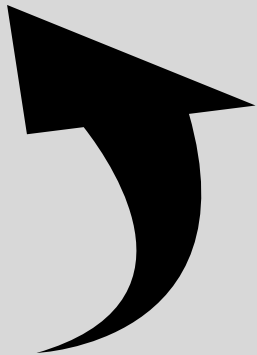
Active people take about 10,000 steps each day.

Moderately active people take about 5,000 to 7,000 steps each day.


Inactive people take about 2,000 to 4,000 steps each day.

Walking Can Change Your Health!

- 
1. Lowers blood pressure
 2. Lowers bad cholesterol (LDL)
 3. Lowers blood glucose (sugars)
 4. Reduces stress
 5. Reduces symptoms of anxiety

- 
1. Raises good cholesterol (HDL)
 2. Promotes positive moods
 3. Strengthens bones and muscles

Use an Activity Tracker or Smart Device!



Activity trackers and smart devices measure steps. Walking up stairs, parking further away from the door and taking mini-walks can add to your steps during the day. When you carry a smart device or wear an activity tracker, they provide immediate feedback on physical activity.

