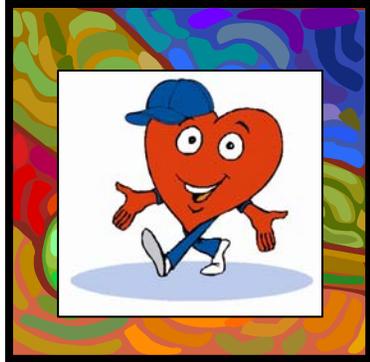


CARDIAC Kinder Program



Increasing Your Daily Steps

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There are several different ways to increase the number of steps you and your children take each day.

Using your pedometers and these (or other) activities, try to increase the number of steps you take each day by 1000-2000 steps.

Remember to use your step diaries to record your steps each day. Look back at earlier recordings and notice the differences in your steps from when you started the program. Be sure to reward yourself for the hard work!!

Having other friends and family members join you in this process may also be fun and help make getting more activity easy. Share these tips with them and try to come up with a few you like to do.

FUN STEP FACTS

1 mile = 2,000-2,500 steps
10,000 steps = 4 to 5 miles
One city block = 200 steps
Average person walks 1200 steps in 10 minutes

- Make walking with the family a tradition after dinner. It helps reduce stress and is fun as a group.
- Try to use the television remote less often. Map out several ways to walk within the house. For example, challenge yourself to get up and walk every 30 minutes.
- Park farther away from the door of a store or the house to work in more steps.
- Divide up the number of steps you have set as your goal and get half in the morning and half in the afternoon.
- Take short steps and walk while you are making dinner, talking on the phone, working on the computer.
- Return the grocery cart to the store entrance.
- Avoid drive-through windows; go into the store.
- Walk to the rest room, water fountain, or copy machine on another floor.
- Take the stairs not the elevator.
- Walk during your lunch break.