

WALK THE WALK

10,000 STEP CHALLENGE PARTICIPANT'S GUIDE



WELCOME TO THE 10,000 STEP CHALLENGE!

WE COMMEND YOU ON YOUR EFFORTS TO HAVE A MORE ACTIVE LIFESTYLE.

The **10,000 STEP CHALLENGE** will help you become more physically active by using a pedometer to track the number of steps you take each day. The goal is to establish a habit of walking 10,000 steps a day.

There is a wealth of scientific evidence showing that as little as 30 minutes of moderate-intensity physical activity (equal in intensity to brisk walking) done on most, if not all, days of the week has substantial health benefits. *The President's Council on Physical Fitness and Sports, the Surgeon General's Office, the Centers for Disease Control and Prevention, the American Heart Association and the American College of Sports Medicine* are only a few of the many groups who have endorsed the 30-minute

guideline. The 30-minute standard was chosen because, if done regularly, it will result in significant reduction in risk of chronic conditions like heart disease, cancer, stroke, high blood pressure and diabetes.

Walking 10,000 steps per day is equal to walking about five miles. This level of activity is considered to be an active lifestyle. This may sound intimidating, but don't get overwhelmed by the number. Simply start where you are and set goals to increase from there. Taking a 30-minute walk adds about 3,000 to 4,000 steps to your day. So, if you've been inactive, this may be a good place to start. Enjoy being active and set progressive goals to increase your steps over time. You'll be surprised how fast your

steps will add up over the course of a day. By keeping track of your steps, you can see increases in your activity through simple things like taking the stairs instead of the elevator and 10-minute walks during lunch.

By participating in the **10,000 STEP CHALLENGE**, you are making a commitment to improving your health. You'll not only experience an improved mood, increased energy and decreased stress, but you'll strengthen your mind, body and spirit, too. The rewards are great, but you have to take the next step. Good luck!



GETTING STARTED

THE MORE YOU MOVE, THE MORE BENEFITS YOU'LL SEE. THE KEY IS GETTING STARTED. HERE'S HOW TO JUMP IN WITH BOTH FEET!

1. Wear your pedometer every day. Try to find ways to get 10,000 steps daily or set another goal and strive to better your steps each day. Pedometers don't gauge your intensity or how hard you exercise. They simply measure how many steps you take in a day, which equates to how active—or inactive—your lifestyle is.

2. Correctly use your pedometer to track your steps accurately. Read the pedometer instructions before stepping. The best place for your pedometer is clipped to the waistband on your left or right hip bone. Press the reset button and close the lid. Note: Steps may not accumulate if the pedometer lid is open, so make sure it is closed. Also, your pedometer may be less accurate when worn on high-waisted clothing. Do not clip it on a pocket or wear it on a chain around your neck.

3. Wear it all day. Put your pedometer on as soon as you get dressed in the morning and keep it on until you go to bed.

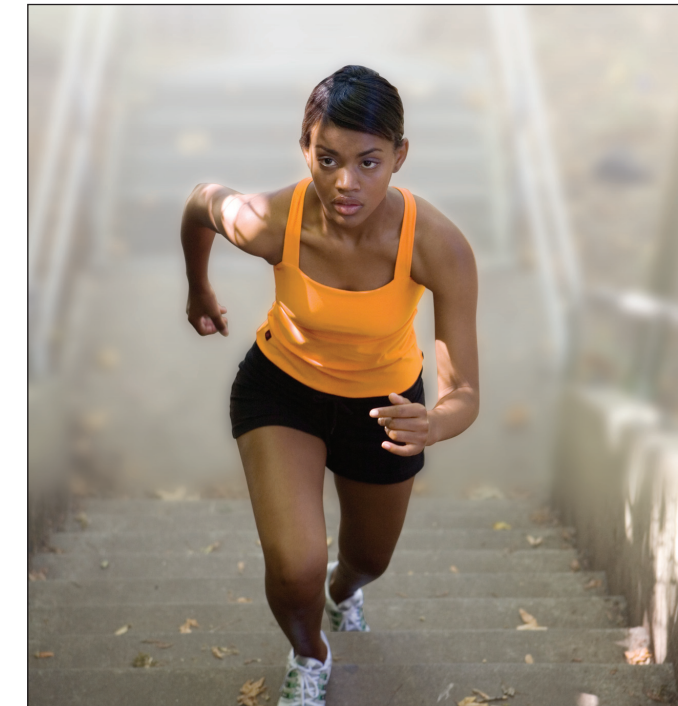
4. Determine your baseline or starting point. Without changing your habits, wear the pedometer for three consecutive days in a row. Each night, record your step count in the Determine Your Average Baseline Log in this booklet. Also, write a few notes about what you did that day (i.e. walked to the bus stop, spent all day at the desk, 10-minute walk during lunch, etc.). Determine your 3-day average.

5. Set your goals. This is based on YOU! Determine your average baseline step count to set your goals. While 10,000 per day is the ideal target, any increase in the amount of steps you take in a day is an excellent goal. If your baseline is around 2,000 to 4,000 steps per day, a good goal may be

to work toward an increase of 3,000 to 5,000 steps per day. Strive for about a 10% increase each week.

6. Find every opportunity to increase your steps. Take the stairs. Go for a walk. Look at the Increasing Your Steps information in this booklet for ideas on how to get more steps throughout the day.

7. Track your steps. Use the weekly Daily Step Logs at the end of this booklet to track your daily steps. There are enough logs for 12 weeks and beyond!



DETERMINE YOUR AVERAGE BASELINE

Without changing your normal routine, use your pedometer and count the number of steps you take for three typical consecutive days in a row. Record the date, steps counted and any notes about what activity you did that day in the log below. Calculate the 3-day total, then divide by 3 to get your 3-day average to set your goals.

| DAY | DATE | STEP COUNT | NOTES |
|----------------|------|------------|-------|
| One | | | |
| Two | | | |
| Three | | | |
| 3-Day Total: | | | |
| 3-Day Average: | | | |

Did You Know?

The average adult gets two to five colds per year. Moderate activity may reduce your risk for getting a cold by 20%-30%.

SET YOUR GOALS

Once you know your 3-day average from the **Determine Your Average Baseline Log**, you can set goals for increasing your steps. Use the chart below as a guide to help you begin increasing your steps gradually toward the 10,000 step goal!

Aim for the average daily step count below to help you increase your steps gradually.

| IF YOUR 3-DAY BASELINE AVERAGE IS: | WEEK 1 STEPS | WEEK 2 STEPS | WEEK 3 STEPS | WEEK 4 STEPS | WEEK 5 STEPS | WEEK 6 STEPS | WEEK 7 STEPS | WEEK 8 STEPS |
|------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| < 4,000 | 4,500 | 5,000 | 5,500 | 6,100 | 6,750 | 7,500 | 8,250 | 9,000 |
| 4,000–5,000 | 5,000 | 5,500 | 6,100 | 6,750 | 7,500 | 8,250 | 9,000 | 9,500 |
| 5,001–6,000 | 5,500 | 6,100 | 6,750 | 7,500 | 8,250 | 9000 | 9,500 | 10,000 |
| 6,001–7,000 | 6,750 | 7,500 | 8,250 | 9,000 | 9,500 | 10,000 | 10,000 | 10,000 |
| 7,001+ | 7,500 | 8,250 | 9,000 | 9,500 | 10,000 | 10,000 | 10,000 | 10,000 |
| My Goal | | | | | | | | |

Goals are personal and you’re the only one who can set them. This chart is meant to be a guide. Set your goals according to your own schedule and activity level. Just make sure your goals are **Specific**, **Measurable**, **Adaptable**, **Realistic**, **Timely**!

STEP EQUIVALENTS FOR NON-WALKING ACTIVITIES

Biking, swimming, even Tai Chi can count toward your **10,000 STEP CHALLENGE!** Track all types of physical activities, even if you can't count them using a pedometer. Using these **Step Equivalent Guidelines**, you can estimate the number of steps associated with different non-walking activities.

EQUAL OPPORTUNITY PROGRAM FOR ALL

Individuals with disabilities are also encouraged to participate in the **10,000 STEP CHALLENGE** to meet the recommended guidelines for regular physical activity and avoid inactivity for greater health benefits. Work with your health care provider for the appropriate amount and type of physical activity that is right for you.

STEP EQUIVALENT GUIDELINES

20 minutes of vigorous cardiovascular activity equals 3,000 steps. *Biking (fast), running, inline skating, swimming (vigorous), jumping rope*

20 minutes of moderate cardiovascular activity equals 2,000 steps. *Biking, circuit training, elliptical trainer, skating, rowing, ski machine, cross country skiing, stair climbing, swimming, water jogging*

20 minutes of light cardiovascular activity equals 1,000 steps. *Gardening, horseback riding, Tai Chi, yoga, water aerobics, wheelchair use (manual), armchair exercise*

Note: These guidelines are based on MET (Metabolic Equivalents) of various physical activities.

THE SCOOP ON PEDOMETERS

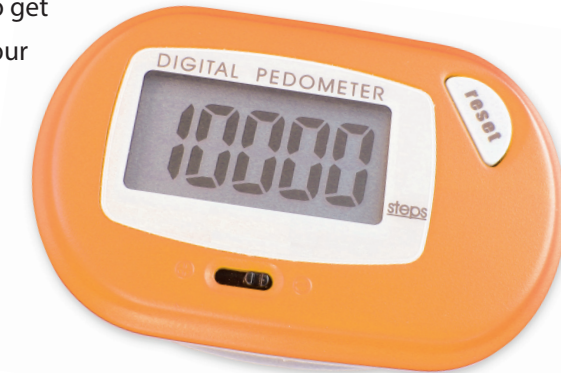
A pedometer is a small, electronic device that calculates the number of steps you take every day. It is a useful tool for monitoring your level of physical activity, setting personal goals for walking and helping evaluate whether you meet your daily goals.

Pedometers are effortless and easy to use. All you have to do is clip the device on your waistband or belt, and you're ready to start counting steps. There's no need to keep track of the time or distance you walk, because the pedometer will monitor all your walking activities. Clip it on first thing in the morning, and take it off before going to bed. Be sure to reset it every day.

Using a pedometer can be a personal motivator, because it provides immediate and ongoing feedback about your

activity level. You may be surprised how much or how little activity you do!

Knowing the number of steps you have taken will help motivate you to go further, meet your goals and set new, higher goals. It's also a way to compare how you are doing against friends, family and coworkers. A little friendly competition may be just the push you need to get started or take your physical activity program to the next level.





PLAYING IT SAFE

If at any time you feel chest pain, pressure, tightness or if you have severe muscular discomfort, feel faint or are short of breath, **STOP EXERCISING IMMEDIATELY.** If the condition persists, consult your doctor or health care provider immediately. Or, call 911.

Don't exercise if you are sick or not feeling well. A good rule of thumb: if you feel sick from the neck up (i.e. stuffy nose), exercise if you feel up to it, although you may want to do an easier workout; if sick from the neck down (i.e. chest congestion), wait until you feel better. **DO NOT EXERCISE IF YOU HAVE THE FLU OR A FEVER.**

TAKING THE FIRST STEP

ARE YOU READY FOR PHYSICAL ACTIVITY?

Before you begin a walking program or substantially increase your level of activity, it's important to answer the following questions. This **Physical Activity Readiness Questionnaire (PAR-Q)** will help determine your suitability for beginning an exercise routine or program. If you are age 15 to 69, the PAR-Q can help you decide if you should check with your health care provider before beginning an exercise program. If you are over age 69, speak with your health care provider before beginning an exercise program. The PAR-Q is representative of the standards of the *American College of Sports Medicine*.

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| 1. Has your health care provider ever said that you have a heart condition or that you should participate in physical activity only as recommended by a health care provider? | YES | NO |
| 2. Do you feel pain in your chest during physical activity? | YES | NO |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | YES | NO |
| 4. Do you lose your balance because of dizziness? | YES | NO |
| 5. Do you ever lose consciousness? | YES | NO |
| 6. Do you have a bone or joint problem that could be made worse by a change in your physical activity? | YES | NO |
| 7. Is your doctor or health care provider currently prescribing drugs for your blood pressure or a heart condition? | YES | NO |
| 8. Do you know of any reason you should not participate in physical activity? | YES | NO |

If you answered YES to one or more questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult your doctor or health care provider before substantially increasing your physical activity.

If you answered NO to each question, then it's likely that you can safely begin increasing your physical activity. Delay becoming more physically active if you are not feeling well because of temporary illness such as a cold or a fever.

If you are or may be pregnant, speak with your doctor before you start becoming more physically active.

HOW TO USE YOUR PEDOMETER

A pedometer automatically records every step you take so that you can see how your steps accumulate throughout the day. Here's how to wear the pedometer to get the most accurate reading:

- Wear the pedometer snugly against your body, attached to a belt or the waistline on your clothing. If your clothing doesn't have a waistband, you can attach your pedometer to a piece of elastic tied around your waist.
- Try to have the pedometer line up vertically with the center crease on your pants or the center of your kneecap.
- The pedometer should be parallel to the ground. If it is tilted to one side or another, this will not give you an accurate recording of your steps.

FAQs ABOUT PEDOMETERS



- **Will my pedometer track steps with the lid open?**
No. Your pedometer will not operate correctly with the lid open. The lid needs to be completely closed to work properly.
- **Does my pedometer track mileage?**
No. Your pedometer only counts steps. The **10,000 STEP CHALLENGE** only requires tracking steps. Approximately 2,000 steps equals one mile. (*See Chart on page 16: How far are your steps taking you?*)
- **What if my pedometer runs out of batteries?** You are responsible for replacing the battery of your pedometer.
- **What if I lose or break my pedometer?** If you lose or break your pedometer, there are many retail and online stores that sell pedometers, from basic models to high tech models. You are responsible for replacing your pedometer if you wish to continue the **10,000 STEP CHALLENGE**.

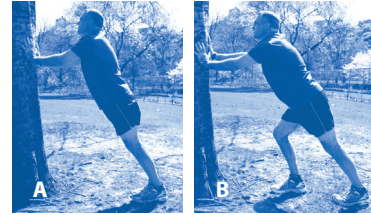
CHOOSING YOUR GEAR FROM HEAD TO TOE

Getting your physical activity program started on the right foot requires some planning and common sense to ensure you have the proper clothing, footwear and other gear for safety and comfort.

- The best shoe is the one that fits you best and gives you the proper support, flexibility, cushioning and compensates for any stride problems. Remember the shoe half-dozen: adequate toe room, snug heels, flexible soles, firm arch supports, well-cushioned impact points and model specific to your activity.
- Shoe prices range considerably, but there are many economic choices on the market. Go to a store staffed with people who can help you find the shoes that are right for you. Walk around the store in both shoes. It's important to try shoes on to ensure the best fit. Properly fitting shoes will feel good when you buy them. If you need to break them in, they don't fit properly.
- Replace your shoes when the support breaks down or when they begin to wear out. This may be as frequently as every three months depending on your walking schedule. Use the seasonal rule: change your shoes in the spring and fall.
- Consult with a health care provider or podiatrist if you have foot problems or chronic conditions that may affect your feet, such as: diabetes, PVD (peripheral vascular disease), congestive heart failure, kidney problems, slow-healing foot wounds or chronic foot swelling. You might benefit from an orthotic exercise shoe or shoe insert. Your health care provider can advise you.
- In addition to proper footwear, choose comfortable, weather-appropriate clothing suitable for physical activity. In hot weather, wear lightweight, breathable clothing. Wear warm, protective clothing in cold weather. Always put on clean, smooth-fitting socks. (Women should invest in a supportive sports bra to avoid back strain; wear two if necessary.)

PUTTING YOUR BEST FOOT FORWARD

- **Don't forget to stretch.** Be sure to stretch at some point during your physical activity, preferably before *and* after exercise.
- **Warm up first.** Begin by walking at a comfortable pace for 3 to 5 minutes. This warms up the muscles, ligaments and tendons gently and prepares your body in general for exercise. Cool down at the end of your session by returning to a comfortable pace for 3 to 5 minutes.
- **Always practice personal safety when walking outdoors.** Make sure that people know where you are or walk with a friend. Carry your cell phone, and walk in well-lit, non-secluded areas. Wear bright-colored clothing and reflective devices. Carry a flashlight if walking in the dark. Always walk facing traffic on a roadway.



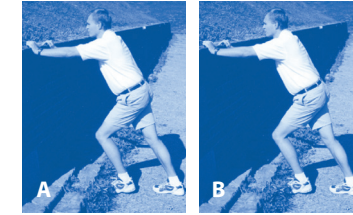
UPPER CALF STRETCH

Position 1

1. Stand an arm's length away from a wall, pole or high curb. Place your arms on the object and slowly lean into it, keeping a straight upper body.
2. Hold the stretch for 20-30 seconds. (A)

Position 2

1. Step forward with your right foot, slightly bending your knee. Keep the back leg straight and push the back heel into the ground. (B)
2. Gently lift up your hips to get a deeper stretch. There shouldn't be much pressure on the front foot. Hold the stretch for 20-30 seconds. Relax and repeat with the opposite leg.



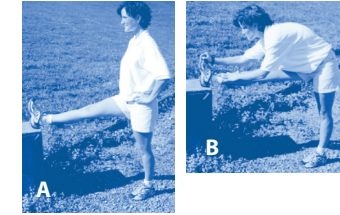
LOWER CALF STRETCH

Beginning Position

1. Standing in front of a wall, place both hands in front of you approximately shoulder height.
2. Place the left foot forward and right foot back keeping the knee and ankle in alignment (A).

Stretching Position

1. Lean toward the wall keeping both feet flat on the ground or floor. The weight should be distributed evenly on both feet and not pushing on the wall (B).
2. Hold for 10-30 seconds, relax.



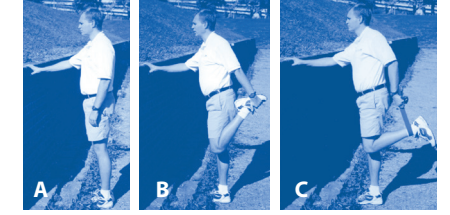
HAMSTRING STRETCH

Beginning Position

1. Use a chair to prop your foot on.
2. Stand with your left leg straight and place your right foot on a chair.
3. Keep the back straight and place hands on your hips (A).

Stretching Position

1. Slowly stretch towards your right foot keeping a flat back. Place hands on your right thigh, knee or calf (B).
2. Feel the stretch in the right hamstring; do not bounce.
3. Hold for at least 15 seconds and repeat other side.



QUADRICEP STRETCH

Beginning Position

1. Standing in front of something for balance (wall, chair, etc.) use the right hand to balance yourself (A). *Caution: Always keep the knee and ankle in alignment. Do not twist the knees.*

Stretching Position

1. Shift weight to right leg. Bend left leg backward, grasping hold of the foot with the left hand (B). If unable to grab the foot, you may use a belt, strap or towel to pull the ankle upward (C).
2. Hold for 10-30 seconds, relax.
3. Repeat with the right leg bent.



FOUR “STEPPING SUCCESSFULLY” TIPS

Any plan for behavior change may be accompanied by a few barriers. Be flexible and don’t get frustrated or discouraged if you don’t meet your weekly target goals. Each day is an opportunity to establish a new goal and achieve it successfully. Keep stepping towards better health with these four tips!

1. **Anticipate Obstacles.** Occasional setbacks are inevitable, and being prepared is one of the keys for overcoming anything that gets in your way. Think about strategies for dealing with possible challenges before they become overwhelming.

2. **Visualize success and stay optimistic.** A powerful tool for overcoming obstacles is to visualize success in order to build confidence and motivation. Believe you can accomplish your goal and see yourself doing it.

3. **Monitor your progress.** Keeping yourself in check is essential to changing your behaviors. Successful behavior change isn’t easy and is filled with high points and low points. The key is steady movement toward your goal.

4. **Reward yourself.** Changing your lifestyle takes time and hard work. It’s important to be self-supportive and focus on success, not setbacks. Reward yourself with things you find pleasing and in keeping with your healthy lifestyle.

HOW ACTIVE IS YOUR LIFESTYLE?

| LIFESTYLE ACTIVITY CLASSIFICATION | |
|-----------------------------------|-------------------------|
| ACTIVITY LEVEL | NUMBER OF STEPS PER DAY |
| Sedentary Lifestyle | Under 5,000 Steps |
| Low Active Lifestyle | 5,000 to 7,499 Stpes |
| Somewhat Active Lifestyle | 7,500 to 9,999 Steps |
| Active Lifestyle | 10,000 to 12,499 Steps |
| Highly Active Lifestyle | > 12,500 Steps |

Source: Tudor-Locke and Bassett, 2004

HOW FAR ARE YOUR STEPS TAKING YOU?

Since distance varies based on stride length, the chart below will give you an estimate of how many steps it takes to go a certain distance. To figure out the mileage for your stride length, set your pedometer to zero then walk a defined distance. For example, a defined distance can be measured by driving a few miles in a car, marking the point and then walking to that same point. Divide the number of steps shown on your pedometer by the number of miles walked. This is your stride length or the number of steps you take per mile. The average person takes about 2,000 steps in one mile.

| STEPS | 500 | 1,000 | 2,000 | 5,000 | 6,500 | 7,500 | 9,000 | 10,000 |
|-------|-----|-------|-------|-------|-------|-------|-------|--------|
| MILES | .25 | .5 | 1 | 2.5 | 3.25 | 3.75 | 4.5 | 5 |



INCREASING YOUR STEPS

Reaching 10,000 steps a day has many health benefits. To get there, it's important to take every opportunity you have throughout the day to increase your steps. Here are a few ways to make the steps add up!

1. Walk for 10 minutes in the morning.
2. Start a walking club with some co-workers or friends.
3. Exit the bus several stops from your destination and walk the rest of the way.
4. Park farther away from your destination and walk.
5. Pace the floor or go for a walk while talking on the phone.
6. Walk to your favorite music or audio book.
7. Take a walk during your lunch hour.
8. Walk into the bank, coffee shop or restaurant instead of using the drive-thru.
9. Don't wait for the elevator. Take the stairs.
10. Walk to a coffee machine or restroom that's farther from your office/cube.
11. Hold a meeting while going for a walk.
12. Walk around the block each time you go to your mailbox.
13. Get a dog and walk it around the neighborhood.
14. If you love golf, leave the cart at the clubhouse and walk the 18 holes.



TAKING THE CHALLENGE. MEETING THE GUIDELINES.

The **10,000 STEP CHALLENGE** is based, in part, on the recommendations outlined in the *2008 Physical Activity Guidelines for Americans*. The *Guidelines* outline how regular physical activity over months and years can produce long-term health benefits.

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity (i.e. an increase in steps) is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency and/or longer duration.
- Most health benefits occur with at least two hours and 30 minutes (150 minutes) a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Episodes of activity that are at least 10 minutes long count toward meeting the Guidelines.
- Health benefits of physical activity occur for every walk of life, regardless of age, race, gender or disability.

Retrieved August 9, 2010, from www.health.gov/paguidelines.

TRACK ONLINE

10,000 STEP CHALLENGE participants have the capability to track their steps online using the online tool.

- Log onto your health plan company's Member website (check your Member ID card).
- Click on the "Health & Wellness" tab, then click on the "Healthy Living" link, click on "Exercise" and "Exercise Trackers". Follow the instructions given.

TRACK YOUR STEPS

You’ve already determined your average baseline and have set your goals, now it’s time to start tracking!

Use the weekly **DAILY STEP LOGS** on the following pages to track your progress and determine new daily and weekly

goals. Try to challenge yourself each week!

| WEEK 1 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 2 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 3 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 4 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 5 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 6 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 7 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 8 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 9 DAILY STEP LOG | | |
|-----------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 10 DAILY STEP LOG | | |
|------------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 11 DAILY STEP LOG | | |
|------------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| WEEK 12 DAILY STEP LOG | | |
|------------------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

| DAILY STEP LOG | | |
|-----------------|-----------------|------------------------------|
| DAY | NUMBER OF STEPS | MILE EQUIVALENT (STEPS/2000) |
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| Wednesday | | |
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| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |
| Weekly Goal: | | |
| Weekly Average: | | |

10,000 STEP CHALLENGE WRAP-UP

Congratulations! You should be proud of yourself for sticking with the program from the beginning to end. How many steps did you log?

We hope you had fun during the **10,000 STEP CHALLENGE** and discovered the rewards of being more physically active. If you find your motivation waning, remind yourself about how much better you feel and the benefits you gain when you move on a regular basis. Once you get into the habit, being active will become a “must do” part of your daily routine.

Consider joining a walking, running or athletics club or an online social networking group dedicated to physical activity or pedometers. Or, ask friends or co-workers to form your own exercise or pedometer group. Do it on the fly, or

be more official about it by setting up your team or physical activity page on an Internet social networking site, such as Twitter, Facebook or MySpace. Connecting with others who have similar goals is a great way to stay motivated and meet new people.

Continue to track your steps to ensure that you maintain or achieve your goals. Monitoring is one of the most important tools for maintaining lifestyle changes. From simple paper tracking—use the eight extra Daily Step Logs in this booklet—to high-tech and wireless devices, there are many tracking tools to help you stay on the road to an active lifestyle. Find one that works for you!

The material contained in this Booklet has been selected to provide general background and useful information regarding walking and physical activity. It is not intended to be complete or tailored to your specific needs, or to diagnose or treat medical conditions, and does not replace medical advice or medical treatment. You should discuss the information, facts and tips with your doctor, who is always your best resource for determining if you are at an increased risk for a condition. If you engage in physical activity, it may have injuries and health risks associated with it. You should confirm with your doctor that physical activity is appropriate for you. If you experience any pain or discomfort, call your doctor. Highmark Inc. does not endorse any product or service, and does not provide medical or legal advice or medical treatment.





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