

Increase Your Steps and Burn More Calories



When Out and About

- Park farther away from the store.
- Always return your cart to the designated area.
- Take the stairs. Avoid elevators and escalators.
- Walk, don't drive, for trips less than one mile.
- Make several trips to unload your groceries from your car.
- Avoid drive-through windows, get out of your car and walk inside.
- Walk inside the bank instead of using a drive-through teller.
- Take an after-dinner walk with family.
- Walk while talking on a cordless phone.
- Walk during the commercial breaks on television.
- Take a walk while your kids are playing sports.
- Walk to your neighbor/friend's house instead of calling.
- Move at least once every 30 minutes.
- Occasionally walk to the TV to change the channel.
- Turn off the TV and participate in family activities or family chores.

With Friends and Family

- Plan active vacations.
- Hike beautiful trails in your town, community, or state parks.
- Make a family walk an everyday habit.
- Kids can volunteer to walk their dog or the neighbor's dog.
- Suggest a family challenge to see who can get the most steps.
- Reward kids/family members for meeting their step goals.

Some Step Facts

- 1 mile = 2,000-2,500 steps
- 4-5 miles = 10,000 steps
- One city block is about 200 steps
- Nine holes of golf (no cart) = 8,000 steps
- Most people will get about 1,200 steps in 10 minutes (time yourself to find your value)

To find out more tips on how to increase your steps, visit this site: www.americaonthemove.org

Increase Your Steps/Decrease Your Calories

Log your steps each day, and put a check mark in the box when you eat 100 less calories in the course of the day. (Duplicate this log as needed to log steps and calories.)

	Baseline Steps	Week 1	Week 2	Week 3
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Weekly Total				
Daily Average				

The daily average is your weekly total divided by 7.

Personal goal setting:

I will increase my steps by _____ each week until I reach my goal of _____ steps.

Each day I will decrease my intake by 100 calories by _____.

	Week 4	Week 5	Week 6	Week 7
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Weekly Total				
Daily Average				

The daily average is your weekly total divided by 7.

Information Sheet 1780 (POD-02-16)

Adapted with permission from the American Heart Association.



Copyright 2016 by Mississippi State University. All rights reserved. This publication may be copied and distributed without alteration for nonprofit educational purposes provided that credit is given to the Mississippi State University Extension Service.

Produced by Agricultural Communications.

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director