

WALK YOUR WAY TO a healthier you.



We all know that walking is healthy. And although most Americans probably already take between 3,000 and 5,000 steps every day, adding more steps could improve your health and physique. Increasing your activity level is much easier than you may think, especially when you incorporate a pedometer in your routine. Follow the four simple steps below and before you know it, you'll be walking thousands more steps every day.

STEP 1: **Put your pedometer to work.** You may think you walk a lot during the day, but do you really? The only way to know for sure is with a pedometer—a small counting device about half the size of your cell phone that clips onto your waistband and counts each step.

You can purchase a pedometer at most sporting goods stores for \$15 to \$30.

STEP 2: **Set goals.** Taking 10,000 steps per day can improve your health and reduce your risk of developing an ongoing health condition. But if you're averaging only 2,000 steps now, that's OK. Just take it one step at a time—literally. Set weekly goals, chart your progress, and before long, those extra strides will become second nature.

STEP 3: **Go the distance.** Not sure how to walk more than you already do? Here are some suggestions:

AT HOME:

- Cart your clothes to the laundry room one load at a time.
- Instead of driving, walk to the store for that forgotten item.
- Take your dog for an extra walk each day.

AT WORK:

- Work on the 14th floor? Take the elevator to 12, then walk up the last two flights.
- Don't use the restroom down the hall—take the stairs and find one on another floor.
- When meeting with coworkers, walk and talk instead of sitting at a desk.

AT PLAY:

- Walk in and around your favorite park often.
- Stroll along the beach, wander through the woods, or window-shop.
- Take your kids on nature walks.

STEP 4: **Take the scenic route.** And use the chart on the back to record your progress.

MONTHLY WALKING LOG

WEEK 1:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								
WEEK 2:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								
WEEK 3:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								
WEEK 4:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Week total:
Steps:								
Miles:								
Time:								
Speed:								
Progress:								
Goals:								

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232