Walking for your Health

Benefits of Walking

- Boosts energy
- Improves circulation
- Helps with weight management
- Helps boost metabolism
- Strengthens immune system
- Lowers blood pressure
- Can improve sleep quality
- Helps prevent and control diabetes
- Promotes positive mental health, including higher levels of self-esteem
- Helps manage stress and release tension

Use A Pedometer to get 10,000 Steps a Day!

- 10,000 steps/day is the recommendation for good health.
- Identify your baseline steps:
  - Wear your pedometer for 3 consecutive days, with at least 1 of the days being a Saturday or Sunday.
  - Calculate your average to determine your baseline steps. This is the starting point to setting your goals to increase your steps:
    \[
    \text{Day 1 + Day 2 + Day 3 = Total Steps / 3 = BASELINE}
    \]
- Each morning, reset your pedometer to “zero.” Keep it closed and attached to your waist, aligned over your hip and knee.
- Wear it all day. Check your steps throughout the day for motivation to reach your daily goal.
- At night, record your number of steps using paper or online tracking.

Set Your Goal

- Each week, determine your new goal for the number of steps per day by either:
  - Adding 1000 – 2000 steps a day, or;
  - Increasing your daily average by 20%

  Example: If your baseline average is 3000 steps a day, set a goal for 3600 steps a day in week 2

Berkeley Walker Tracker

berkeley.walkertracker.com

An online tool you can use to track your steps helping you to stay motivated and reach your fitness goals.

Track Your Steps

Online Tracker:
berkeley.walkertracker.com

Paper Tracker:
uh.s.berkeley.edu/facstaff/healthmatters/pedometer

Fun Ways to Add 10,000 Steps

- Walk to work
- Take BART & walk to your destination
- Park in the farthest space from a building’s entrance
- Walk after lunch
- Take a “walk & talk” meeting outdoors
- Take the stairs
- Walk to your coworker’s workstation instead of sending an email
- Take a 5-10 minute walking break during your workday
- Walk to the store
- Walk your child to school
- Walk the dog
- Take walks after dinner
- Take a walking tour of campus or your neighborhood
- Race walk with your children (give youngsters a head start)
- Walk to do your errands
- Walk to the mailbox or post office
- Get a walking buddy