

Sweat the small stuff!



Small changes can add up to large increases in your daily activity level. Here are some ideas to get you moving:



- Walk, run and play with your children or grandchildren.
- Mow your yard using a push mower.
- Take a walking break instead of a coffee break.



- Take the stairs instead of the elevator.
- Park in the farthest spot in the lot when you go to the market or the mall.



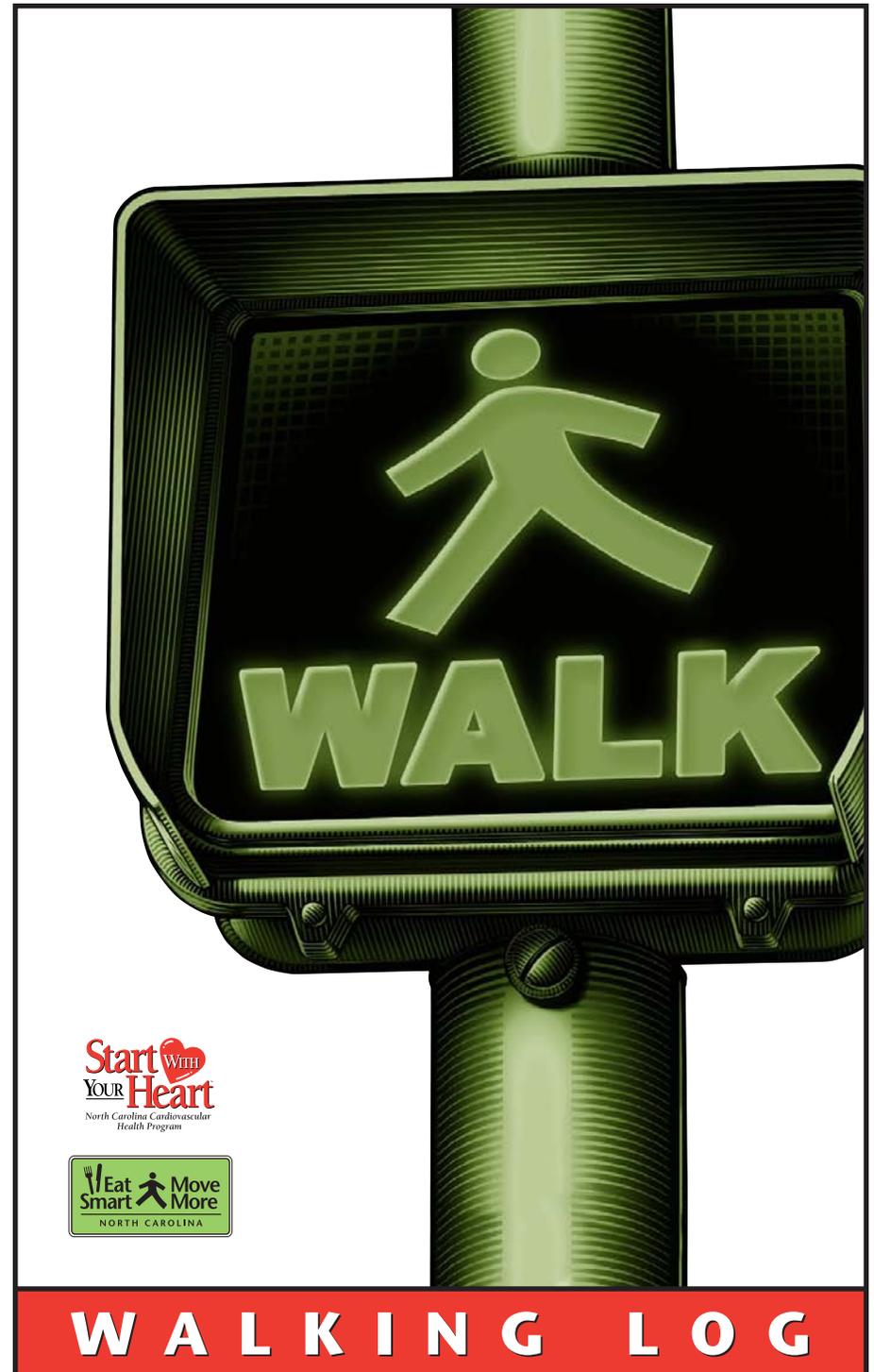
- Hide your TV remote and change channels the old-fashioned way.
- Use your pedometer to keep track of your progress!



www.EatSmartMoveMoreNC.com



www.startwithyourheart.com



WALKING LOG

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Average	GOAL
Example	3,500	3,000	4,000	3,000	5,000	6,000	3,500	4,000	5,000
1									
2									
3									
4									
5									
6									
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Move More...

We know that increased physical activity can help lower the risk of heart disease, stroke and diabetes, as well as other chronic diseases. Most people average only about 3,000 to 5,000 steps a day in normal activities.

Increasing the number of steps you take each day, and increasing the speed at which you take them, can improve your health. And, 10,000 to 12,000 steps daily can help you achieve and maintain a healthy weight.

Using a pedometer can help you monitor and improve your walking program!

- HERE'S HOW:**
- Set a goal for your personal physical activity program.
 - Think short and long-term. Start now with what you can achieve today and build up.
 - Share your goals with other people who will work with you and be supportive.
 - Revisit your goals often.
 - Don't give up. Just keep working to achieve those goals.

You may be surprised how quickly you reach your goal—often faster than you thought possible!



How to get started:

- First, measure your current walking profile by wearing your pedometer for a few days and recording your accumulated steps each day.
- Set a goal for 1,000 steps more than your current daily average.
- After a week or two, increase your goal by another 1,000 steps.
- Every two or three weeks increase your goal by yet another 1,000 steps a day until you are averaging 10,000 steps a day.

RESET YOUR PEDOMETER TO "0" AT THE BEGINNING OF EACH DAY AND BE SURE TO RECORD YOUR PROGRESS!