



# UMMER TEPPIN'

## WEEK 1 – KICKOFF

### WELCOME TO SUMMER STEPPIN'

Your goal for this week is to understand your step progression throughout the day in your normal activities, and track using your pedometer, Fitbit, or other tracking device and record on your Summer Steppin' paper tracker. 10,000 steps is your goal for each day throughout the Summer Steppin' program.

**Remember, if you are in need of motivation or tips to push you through your week 2 goal, visit our Healthy Living staff on the Wellness Floor and get specialized tips to put your best foot forward!**

#### LOOKING AHEAD FOR SUCCESS:

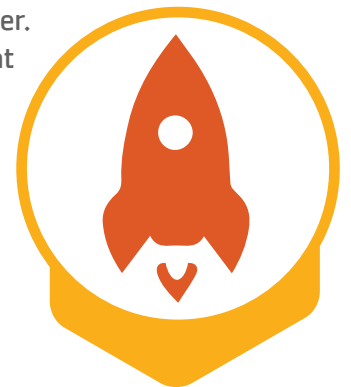
To burn 500 calories a day, you need to walk 10,000 steps a day. Though it may seem like a high amount of steps, it's pretty doable. A typical sedentary person walks about 1,000 to 3,000 steps a day. With a little focus and determination, it's easy to bump that number up to 10,000.

**Here are some things to keep in mind:** One mile is equivalent to 2,000 steps, and it takes about 20 minutes to walk. You'll need to walk about five miles to complete 10,000 steps.



### TIPS TO GET STARTED

1. Have a backup plan. For example, if you sleep in and miss your morning walk, you commit to taking that walk during lunch instead. Or, maybe you know that dinner with friends will prevent you from taking your evening stroll, so instead you sneak in a 15-minute walk in the morning and another before you meet your friends. And keeping a pair of sneakers in your car gives you the option to squeeze in a walk whenever you have a little extra time.
2. Create a cue. Many daily habits happen because something signals you to do them, like brushing your teeth in the morning and before bed. Try tying your walks to regularly scheduled activities, such as getting up in the morning or lunchtime. Over time, you'll associate walking with those activities, so they will remind you to take a walk.
3. Get a little rhythm. Music has been shown to inspire exercisers to go longer and harder. Remember the theme song from Rocky? Or Chariots of Fire? Just about any music that inspires you can add energy to your steps and keep you motivated. Start with songs that have a slower beat to warm up, then choose higher-energy ones for the middle of your walk, and finish with a slower, relaxing tune. You can even alternate fast and slow songs for a musical interval walk. Just remember to keep the volume low and use only one earbud if you're walking outside.



Share your journey with us **#YSummerSteppin**