



# Promoting a Healthy U

## Step Up! Walking Program



### Walking Tips

- If you have any concerns about your joints (ankles, knees or hips) discuss your exercise plans with your physician. To avoid injury, you need to work up slowly.
- Start out by wearing the pedometer each day for two weeks and don't do anything to change your normal routine:
  - Before you go to bed, log your steps at the end of the day each day for the entire two-week period.
  - At the end of the second week, take a look at how many steps you are taking each day. Some days it may be as few as 700 steps in a day and on other days, it may be as high as 2500 or more steps.
  - If you prefer, select a smaller number of steps as your goal. To avoid injury, do not select the higher number. Aim for your goal each day for the next two weeks. For example: if your first step goal is 2500 steps. That means that for the next two weeks, you are going to try to walk 2500 steps each day.
  - At the end of that two-week period, review all the steps you took each day and decide if you are ready to add another 500 steps to your goal. Your new step goal is now 3000 steps a day for the next two-week period.
  - Continue in that manner, working up as slowly as you wish, until you finally reach the goal of 10,000 steps a day.
- Check with your physician if you experience any pain or discomfort that concerns you. Consider pain a warning signal that something may be wrong. (*Source: Shape Up America*)