

STEP TO IT – The Power of the Pedometer

Have you ever heard the saying “What gets measured improves”?

Did you know that if you could increase the number of steps you take by just 1000 steps per day (about 10 minutes walking at a moderate pace) you would burn about 50 extra calories per day?



It doesn't sound like much does it? But if you did it every day for a year you would burn calories equivalent to 130 stubbies of beer or 250 glasses of wine! WOW!

How will know if you have done it?



A pedometer is one of the best investments you can make for your health. For \$20-\$30 you purchase a tool that could totally transform your health and send you hurtling down the path of wellness.

A pedometer is a very simple and inexpensive tool that measures the number of steps you take.

I have to admit that I was a skeptic. I didn't see the value in walking and I certainly didn't see the value in a pedometer. It wasn't until I actually put one on and was dismayed by how few steps I actually did in a day that I started to see the value.

When you are aware of how many steps you are taking on a daily basis, you can then set some simple goals for yourself. It is great to have continuous feedback as to where you are in respect to your target for the day.

Most people should be able to aim for 8000-12000 steps per day. Some people will do it easily if they are on their feet most of the day, but others won't come close unless they are conscious of doing some things deliberately to get there.

I love my pedometer, because it motivates me to do things to hit my target for the day. I do many more steps per day than I would normally had I not been wearing the pedometer. I can't even begin to count how many extra calories I have used as a result of wearing my pedometer. All I can say is it going to be a great New Years Eve party!!

Your next step is to get yourself a pedometer (if you haven't already got one) from any sports store or pharmacy, start wearing it immediately so that you can get a feel for how many steps you do on a typical day. Then set yourself a daily goal and don't go to bed until you have achieved it.

Here are some simple strategies to increase your fitness, your health and the quality of your relationships by increasing your steps for the day:

1. Buy a simple but quality pedometer – don't waste your money on an el cheapo or one with multiple functions
- 2. Set your goal for the day**
3. Wear your pedometer from the time you get up until the time you go to bed (I know what you are asking; "what do I clip it into in the shower?!" – I will leave that to you!)
4. Take stairs instead of lifts and elevators
5. Park further away from your destination and walk
6. Walk to work, to appointments, to the shops etc.
7. Walk before or after dinner with your partner or friends – great bonding activity
8. Walk at lunchtime – spend some value time by yourself
9. Walk to the TV to change channels!
10. Walk around whilst on the phone or when waiting
11. Walk the dog
12. Find some beautiful places to walk on weekends – beaches, mountains, forests, pretty streets, parks, new cities etc
13. Be creative – it is not hard to do
- 14. Don't go to bed until you have achieved your daily goal!**



All you need is the right tools and the right mindset and you can achieve anything.

STEP TO IT!