

TRACK YOUR STEPS

Follow in the Footsteps of Your Ancestors

Our ancestors led active, healthy lifestyles. Tracking steps makes it easy to monitor activity and know if targets are reached. Getting the recommended steps per day can help reduce blood sugar, blood pressure, and body fat.



SET A DAILY STEP COUNT GOAL

Consider your age, health, and fitness level when setting a daily step goal. Consult your health care provider or fitness professional for guidance.

USE A FITNESS TRACKER

- Use a smartphone, smartwatch, or pedometer to track your steps.
- Use the same fitness tracker to monitor and compare your step count.
- Fit smartphones firmly in your pocket for an accurate step count.
- Fit pedometers to your waistband or belt over the mid-line of either leg.



Cell phones and smartwatches automatically reset to zero overnight.

HOW TO SET A STEP GOAL

Track your daily step count for several days before starting your program.

Is your step count below 3,000 per day? If yes, increase to 5,000 steps steadily over 2-3 weeks.

Next, build your step count to at least 8,000 steps per day.

Increase your steps for more health benefits. Getting to 10,000 steps most days of the week is optimal.

A good walking pace is at least 100 steps per minute. One mile is about 2,000 steps.

For more information visit:
[Do You Need To Walk 10,000 Steps a Day?](#)

Free Diabetes Education Materials



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