

Pedometer Program



Getting Started - Invest in a comfortable pair of walking shoes, strap on your pedometer and off we go.

Week 1 - Wear your pedometer for a week and don't change your normal routine. Log your steps daily in an inexpensive notebook. At the end of the week you will be able to see how many steps you take in your day to day living.

Weeks 2-3 - Take the highest step count from week one and make that your daily goal for the next two weeks. For example, if your steps varied from 800 to 2000 per day in the first week, make your daily goal 2000 steps for weeks two and three.

Week 4-5 - It is now time to increase your daily steps. Start with a 500 step increase per day in week four and increase that another 500 by week five. You should now be walking approximately 3000 steps per day.

Week 6 Onwards - continue to increase your daily steps on a weekly basis, as quickly or as slowly as you feel comfortable, until you reach the ultimate goal of 10 000 steps.

Working into a 10 000 step program slowly will help you avoid injury. Once you have reached your goal, maintaining this will be your biggest challenge. Aim to maintain for six months and this should seal the behaviour as part of your lifestyle.