

I WILL

Get Up & Go

? Did you know? Many people wear a pedometer all day to learn how active they are. Aren't you curious to know how many steps you take on an average day?

Pedometers Get You Going

Recording your daily steps and distance with a pedometer can change your thinking about exercise. Clip it on your waistband or belt – it counts the number of times your feet impact the ground. From the moment you first put it on until bedtime, you'll realize the benefit from all your movement, not just structured workouts.

Getting started: Add 1,000-2,000 steps a day beyond your usual number and aim for that goal each day for the next 2 weeks. Watch the steps and the miles add up – to good health!



A WALK-FOR-WELLNESS PROGRAM™

"TAKE A TWO-MILE WALK EVERY MORNING BEFORE BREAKFAST."
HARRY TRUMAN, U.S. PRESIDENT