

Step-O-Meter

DOSE:

One step,
to be taken
10,000
times daily



Use before: poor health takes over

Counting every step...

Health Benefits of Walking: Physical, Mental, Psychological

Walking is currently the most popular form of physical activity around the world. It is one of the cheapest, most accessible and convenient forms of physical activity. It is appropriate for all age - groups, no matter what their levels of fitness or skill. Walking has a myriad of health benefits and is associated with reductions in medical costs for treating disorders. While the usual recommendation for physical activity for adults is 30 minutes at least five times a week, the health benefits of brisk walking are seen well below this level.

Walking can help lower risk for non communicable diseases such as type 2 diabetes, heart disease, stroke and some forms of cancers. It can also help people to avoid weight gain over the long term. Even slow walking burns calories.

It is a low impact activity and therefore has low risk of injury. However, its weight bearing properties mean healthy bones. Walking reduces pain for people with arthritis and has an effect on lower - back pain.

Physical activity such as walking can relieve symptoms of depression and anxiety, resulting in improvements in quality of life. Walking can improve cognitive performance for school children and improved cognitive performance and reduced cognitive decline among older people.

Walking has been shown to reduce physical symptoms of anxiety associated with minor stress, and can increase energy levels and improve sleep quality.

For good health, physical activity should be of 'moderate intensity'. For walking, this is at least 100 steps per minute, equivalent to approximately 3,000 steps per half hour. Walking at a moderate rate means you can talk, but not sing. At a higher intensity you will difficulty talking.

< 2,500 steps/day (sedentary – basal activity)

2,500–4,999 steps/day (limited activity)

5,000–7,499 steps/day (low active)

7,500–9,999 steps/day (somewhat active)

10,000–≥12,499 steps/day (active)

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER,
FATIGUE, AND CONFUSION
IN TEN MINUTES

REDUCES
GLAUCOMA RISK

HALVES
ALZHEIMER'S DISEASE RISK
OVER 5 YEARS

LIMITS SICKNESS
BY HALVING ODDS OF CATCHING A COLD

IMPROVES HEART HEALTH
BY INCREASING HEART RATE
AND CIRCULATION

WORKS
ARM &
SHOULDER
MUSCLES

ENGAGES
AB MUSCLES

IMPROVES
BLOOD
PRESSURE
BY FIVE POINTS

BUILDS BONE MASS,
REDUCING RISK OF
OSTEOPOROSIS

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS,
INCLUDING QUADRICEPS,
HIP FLEXORS, AND HAMSTRINGS

IMPROVES
BALANCE

BURNS
MORE FAT
THAN JOGGING

*ONLY 30 MINUTES A DAY,
5 TIMES A WEEK CAN MAKE YOU
HEALTHIER AND HAPPIER.*

Every Body WALK!
The Campaign to Get America Walking

WWW.EVERYBODYWALK.ORG

