

Healthy Steps

Why Walk?

Walking is a popular way to get your department engaged in physical activity. Walking is also a low-risk activity that has proven to provide many health benefits. It is recommended that adults get 10,000 steps daily. For some, this may seem difficult but it can definitely be achieved.

Tips to Increase Your Steps

Incorporating small changes into your day can help you get more steps. Try these tips below:

- Listen to music when going on a walk
- Take a 10-minute walk during your breaks
- Walk with a colleague
- Walk over to talk to someone instead of emailing
- Schedule walking meetings
- Park further
- Take the stairs
- On the weekend go on a hike to reconnect with friends and family
- Take a short walk around your block after work



Access LLUH walking maps at: livingwhole.llu.edu/walking

MANY STRENGTHS. ONE MISSION.

A Seventh-day Adventist Organization



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28-Day Challenge

Try this 28-day challenge to help you reach 10,000 steps daily. Use the calendar below to help you track your steps daily. Use your smartphone or fitness tracker to track your steps. If you are using your cell phone, keep it on you at all times to get a more accurate count. Place the calendar somewhere that you will remember to write down daily (i.e. place it on your nightstand so you can write it down before going to bed). NOTE: there are only 5 days per week which can be used as days off or in case you forget to track.

Average Daily steps	Week 1	Week 2	Week 3	Week 4
<4,000	3 days at 3,500 2 days at 5,000	3 days at 5,500 2 days at 6,000	3 days at 6,500 2 days at 8,000	3 days at 8,500 2 days at 10,000
4,001 - 6,000	3 days at 5,000 2 days at 6,000	3 days at 6,500 2 days at 7,000	3 days at 7,500 2 days at 8,500	3 days at 9,000 2 days at 10,000
6,001 - 8,000	3 days at 7,500 2 days at 8,000	3 days at 8,000 2 days at 8,500	3 days at 8,500 2 days at 9,000	3 days at 9,000 2 days at 10,000
8,001 - <10,000	3 days at 8,000 2 days at 8,500	3 days at 8,500 2 days at 9,000	3 days at 9,000 2 days at 9,500	3 days at 9,500 2 days at 10,000

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

