

GET MOVING!

ADD 2,000 STEPS A DAY

Sedentary people in the U.S. take approximately 2,000-5,000 steps per day. For lightly active individuals, the range is about 5,000-7,500 steps; for somewhat active individuals, it's on average 7,500 to 10,000 steps; and for individuals considered active, the number is 10,000 steps or more each day. Previous studies have shown that moving 6,000 steps a day significantly reduces risk of death, and that 8,000 to 10,000 steps per day promotes weight loss.

Walk a mile and you've taken about 2,000 steps. The good news? You don't have to walk a mile all at once to see the health and weight benefits. Just take an additional 2,000 steps in the course of the day. (Source: About Health & Fitness, 2006; see <http://walking.about.com>)

The accompanying chart presents comparison data for various common activities (for example, 30 minutes of gardening = 3,630 steps).

Activity	Steps per minute
Stationary bicycling, moderate effort	212
Bicycling, outside	242
Gardening	121
House cleaning	91
Jogging	212
Running, 10-min. miles at 6 mph	303
Golf	136
Hiking	182
Swimming laps, moderate pace	212
Raking lawn and leaves	121
Weight lifting, moderate effort	121
Tennis	212
Aerobic dance	197
Ballroom dancing, fast	167

NATURE PRESERVE TRAILS

