



Becoming More Active with STEPS

Materials Needed (enough for each member in chapter):

- Copies of Activity Sheet, “Becoming More Active with STEPS”
- Pens or pencils

Increasing step count is a simple way to increase physical activity and build a healthy lifestyle.

Regular physical activity is important for weight loss and weight maintenance. Walking is a simple, effective and affordable form of exercise that we may do every single day. It does not require a gym membership or fancy equipment – just a pair of comfortable shoes and a commitment to becoming healthier. Let’s learn how to increase our physical activity with **STEPS**.

S – Start. The rest is easy.

T – Try different ways of increasing your steps. You’ve probably heard of parking further away or choosing the stairs over the elevator, but there are many other ways to get moving. We will discuss some tips on various ways to increase our steps.

E – Enjoy. When you find ways to increase your steps that you enjoy, you are more likely to stick with them. For example, maybe you enjoy walking but are bored with a treadmill. In that case, walk outside or find a local indoor track.

P – Plan ahead. Plan walking dates with friends, or plan to walk the dog every Tuesday and Thursday, or plan to keep a pair of walking shoes in your car or under your desk at work, and so on.

S – Stay positive. Embrace a “Yes, I can” attitude.

It is recommended to take 10,000 steps per day – about 5 miles. This may seem overwhelming, but remember, every step counts. It seems contradictory to sit while learning how to take more steps, doesn’t it? So, let’s all march in place while I read the following points.

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- Use a pedometer to track your progress and motivate you to move more.
 - When it comes to housework – be inefficient! Take your laundry up a few stacks at a time instead of using a basket for everything.
 - Use a little friendly competition: Track your steps with a pedometer and challenge a friend or co-worker to see who can take more steps in one day. “Take on” a different friend or co-worker each week!
 - Instead of sitting, pace while you are on the phone.
 - Get off the bus or subway a few stops before your destination and walk the rest of the way.
 - Watching television? March in place during commercials.
 - Hitting the golf course? Walk instead of using a golf cart.
 - Sign up for a charity walk with a friend.
 - Avoid the moving sidewalk in airports and walk instead.
 - Skip the drive-thru at the bank, pick a parking spot far from the entrance, and walk inside.

Let’s review together the “Becoming More Active with STEPS” Activity Sheet.



Becoming More Active with STEPS

Activity Sheet

Write down how you will complete each letter in STEPS. For example, next to “P” for “Plan ahead” you could write: “I will plan a weekly Saturday walking date with a friend.” Don’t forget that you should start logging your exercise on page 11 of *My Day One*.

S *Start*

When and how will you start becoming more active?

T *Try different ways of increasing your steps*

What strategies or activities will you use to take more daily steps?

E *Enjoy*

Which strategies or activities do you find enjoyable?

P *Plan ahead*

What plans will you follow to walk more?

S *Stay positive*

How will you remain positive if you encounter a setback?
