“Step”tember Challenge is Happening Now!

Join the movement!
What is the Challenge?

• Reaching 10,000 steps a day and feeling great doing it!

Did you know?
10,000 steps adds up to about five miles each day for most people, which includes about 30 minutes of daily exercise—satisfying the CDC’s recommendation of at least 150 minutes of moderate exercise per week.
Who Can Take Part in the Challenge?

- **ANYONE**—Encourage your friends and family to take on the challenge with you.
- If you want to burn calories and feel accomplished, then this challenge is perfect for you!
Why YOU need to participate!

1) **Reduce stress and fatigue.** A study out of California State University showed that mood was lifted in correlation with increased number of daily steps.

2) **Low impact way to get in shape and lose weight.** One pound of body fat equals 3500 calories; so depending on your weight and workout intensity, you could lose about one pound per week simply by completing 10,000 steps each day.
Why YOU need to participate!

3) **Decrease hypertension.** Researchers at the Harvard School of Public Health found that 30 minutes of walking each day cut stroke risk by a minimum of 20%.

4) **Get a better nights sleep!** Studies show that increased number of steps helps prevent sleep disturbances and sleep apnea as well.
Easy Ways to Reach Your 10,000 Steps

• Go on walks with friends or family
• Instead of calling a co-worker, walk over to their desk
• Use the restroom furthest from your desk
• Take the stairs instead of the elevator
• Park your car further from your building’s entrance
Resources

• https://www.developgoodhabits.com/benefits-of-walking/
• https://blog.fitbit.com/should-you-really-take-10000-steps-a-day/
• https://fitness.mercola.com/sites/fitness/archive/2015/07/03/walking-10000-steps-daily.aspx