

Making the Most of a Pedometer

Walking is not only a way to get places, but also an excellent way to exercise, with low cost, easy access almost anywhere, and low risk of injury. Research shows that when people fit physical activity such as walking, biking or sports like tennis or golf, into their daily routine, they get the same health benefits as they would from a structured exercise program. It also is a little easier for people to stick with physical activity integrated into their life, than to regularly attend a gym.

A pedometer, also called a step counter, is a device no bigger than a cell phone, usually worn near your hip or waist. It counts the steps you take, so you can see how much you usually walk, and find ways of adding exercise during the day. On most pedometers you can enter your stride length to estimate the miles walked, and your weight to calculate the number of calories burned.

How many steps should you take?

When modern pedometers were developed in Japan, a goal of 10,000 steps per day was created as a marketing tool. Recommendations for individuals will vary with their age, health, and

fitness level, but experts say that 10,000 steps per day will meet guidelines for physical activity for adults, 30 minutes per day on most days of the week.

What is the best way to use a pedometer?

Step Ahead recommends simply *increasing* the number of steps you walk. First track the number of steps you walk. Then set a goal of increasing the number of daily steps by 200 or more. An extra few minutes should do it! In one research study, those people who set daily step goals, kept track of their steps walked and wore their pedometer all the time, were most likely to increase their physical activity, increase their energy level, decrease illness and lose weight.

Use the Step Ahead Individual Walking Log to track progress by time, miles, and steps. Get one from our website or in your Step Ahead toolkit. Look for ways to add a few more steps, by doing an extra loop in the halls, tackling a few stairs, or pushing a shopping cart longer in the store. Your overall fitness can improve through short periods of exercise throughout the day. ***Each step counts!***

Recipe of the Week

Late Summer Slaw

Serves 8

Dressing:

- 3 Tbsp rice wine vinegar
- 2 Tbsp olive oil
- 3 Tbsp creamy peanut butter
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp brown sugar
- 1 Tbsp freshly grated ginger
- 1 Tbsp garlic, minced

Mix all dressing ingredients. Refrigerate until ready to use. Can be made ahead.

Salad: (bagged pre-shredded cabbage and carrots can be used for convenience)

- 5 cups Green cabbage, shredded
 - 1 ½ cups Purple cabbage, shredded
 - 1 Red or yellow bell pepper, cut into thin strips
 - 1 cup shredded carrots
 - 3 scallions, sliced thinly
 - 1/3 cup fresh cilantro leaves (more or less to taste)
- Combine the salad ingredients in a large bowl. Add the dressing and combine to coat well.

Nutritional Information:

Calories: 100	Total Fat: 6.7g
Saturated fat: 1g	Cholesterol: 0g
Carbohydrate: 9g	Dietary Fiber: 2.5g
Protein: 3.0g	

Tip of the Week

Choose nuts as a snack, on salads, or in main dishes. Add slivered almonds to steamed vegetables. Add toasted peanuts or cashews to a vegetable stir fry. Add walnuts or pecans to a green salad.

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