

## Walk for Health

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In Virginia, almost one-half of adults do not get the recommended 30 minutes of physical activity a day and nearly 25 percent are not physically active at all during their leisure time. Less than one-quarter of all youth in the United States get enough physical activity. Physical activity is important for the prevention of disease, as well as the promotion of mental and physical health.

People of all ages who are inactive can improve their health and well-being easily by becoming active on a regular basis. Our statewide initiative is Virginia on the Move™, designed to help you increase your level of physical activity by walking – something that can be added easily to your daily life, and without any added cost. The main goal is to have you increase the number of steps you take by 2,000 (about 1 mile) each day. Achieving an extra 2,000 steps a day may take a little extra effort or be a goal you work toward over several weeks. Either way, it means taking each opportunity to increase your walking – ten minutes here, five minutes there.

If you do not have a pedometer or stepometer to log the number of steps you take, you can also choose to increase the number of minutes or the distance you walk. On the other side of this sheet, there is a table to help you fill in this information.

### Instructions

The first step is to learn your baseline.

If you have a pedometer:

- Wear your pedometer for three consecutive days, with at least one of the days being a Saturday or Sunday.
- Record your total steps for each day.
- Divide your total steps by three to find out your baseline.

If you do not have a pedometer:

- Write down the time or distance that you walked for three consecutive days, with at least one of the days being a Saturday or Sunday.
- Divide your total time or distance by three to find out your baseline.

My baseline is: \_\_\_\_\_

### Set your personal step goal

Get *moving* by increasing your number of daily steps by 2,000 over your current baseline or increase your physical activity by about 20 minutes or one mile. Once you have consistently reached this goal, set a new goal by increasing your daily steps even more.

Virginia on the Move™ is sponsored by the Center for Food and Nutrition Policy. This program recommends that people reduce their calories by 100 per day. For more information, go to [www.americaonthemove.org](http://www.americaonthemove.org). Register by providing the requested information, then log in and select “Virginia on the Move.”



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# Check Your Progress

Name: \_\_\_\_\_

Town: \_\_\_\_\_

County: \_\_\_\_\_

My goal is: \_\_\_\_\_

Week of:				
	Steps	Minutes	Miles	Comments/Feelings
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>Total</b>				

Week of:				
	Steps	Minutes	Miles	Comments/Feelings
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>Total</b>				

How are you doing? What are some ways to increase your physical activity even more?

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