

What Does “Getting Enough Steps in a Day” Mean and do for you?

The goal of 10,000 steps is the recommended daily step target for healthy adults - but it might not be right for you. This goal encourages the accumulation of incidental and planned activity across the whole day. The use of a pedometer or activity tracker to record steps is a vital part of the program and has been shown to increase overall activity levels.

Activity trackers provide data which enables you to become aware of your physical activity levels, work towards a goal and monitor progress. Studies using the 10,000 steps per day goal have shown weight loss, improved glucose tolerance, and reduced blood pressure from increased physical activity toward achieving this goal. The following pedometer indices have been developed to provide a guideline on steps and activity levels:

1. Sedentary is less than 5,000 **steps per day**.
2. Low active is 5,000 to 7,499 **steps per day**.
3. Somewhat active is 7,500 to 9,999 **steps per day**.
4. Active is more than 10,000 **steps per day**.
5. Highly active is more than 12,500.