

MOVEMENT MATTERS

CLUB: STEP COUNT

STEP COUNT: AN EASY HEALTH METRIC



A step count is simply how many steps we take per day and per week. Many of us have a watch or app on our phone that tracks our steps, and the count can also be found using a basic clip-on pedometer.

If you're not used to looking at your step count, it may surprise you to learn how many (or how few) steps you reach each day. Sitting at a desk job, watching tv, or doing basic activities can often lead to a lower step count. Adding in a daily walk, taking "moving" breaks at work, and getting up during relaxing times can all boost our step count!

In general, 2,000 steps = 1 mile. That means, if you walk 8,000 steps a day, you've walked the equivalent of 4 miles! More isn't always better though, and you should work your way up to higher step counts. We also recommend talking with a Physical Therapist if you're dealing with pain, discomfort, movement, or mobility problems.

Walking is one of the simplest and most affordable ways to improve your health and focusing on gradually increasing step count is a great way to measure your progress. Be sure that you walk in comfortable, supportive shoes and wear appropriate clothing for the season. Finding a friend to walk with can also give you extra motivation while improving everyone's step count!

Take the first step toward improving your health today by setting a simple goal: to track and improve your step count!