



## Walking 10,000 steps a day

Walking 10,000 steps a day can help adults meet their physical activity goals, but most only take 3,000-5,000 steps. How far is 10,000 steps? If you have an average length stride (2.5 feet/stride), then 10,000 steps is approximately 5 miles.

Attaining 10,000 daily steps does not necessarily require drastic lifestyle changes. Consider implementing a few of these strategies:

- Walk your dog – he/she will love it.
- Take the stairs instead of the elevator or escalator.
- Take a walk during your lunch break, mid-morning and/or mid-afternoon breaks.
- Walk during TV commercials. Each commercial break is a least 30 seconds long. You can do 50 to 70 steps in 30 seconds. There are typically four to five commercials per break. Multiply that times four commercial breaks in a one-hour television program, and there you have it – 1,000 additional steps a day.
- Place your trash can in an inconvenient location that requires you to get up and walk to toss out your trash several times a day.
- Park your car further away from your destination and walk the additional distance.
- Wear a pedometer or activity tracker to heighten your awareness of your daily steps.

Put your imagination to work and come up with more step-activating strategies of your own. Taking 10,000 steps a day isn't as difficult as it seems, and it can help you achieve health benefits such as improved heart fitness, blood pressure and cholesterol. Find activities you enjoy, and make a change for life!

For more information on physical activity guidelines to improve heart health, visit [cdc.gov/physicalactivity](http://cdc.gov/physicalactivity).

*Women's Cardiovascular  
Medicine Program –  
caring for your heart*

For more information,  
call 530-752-0718 or visit  
[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)

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