



Walking for your heart – 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. Attaining 10,000 does not necessarily require drastic lifestyle changes. Consider implementing a few of the following strategies into your daily life:

- Walk a 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. Commercial breaks typically include 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 move several times a day.
- Park your car further away from your destination and walk the remaining distance.
- Put your imagination to work and come up with some step-activating strategies of your own. Taking 10,000 steps a day isn't as difficult as it seems!
- 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.
- Wear a pedometer as it will heighten your awareness of your daily steps.

You can achieve health benefits such as improved heart fitness, blood pressure, and cholesterol with 10,000 steps a day. It is important for you to find activities that you enjoy. Make a change for life – now!

For more information on physical activity guidelines to improve heart health, visit cdc.gov/physicalactivity/everyone/guidelines/adults.html.



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

For more information,
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