

## Fit Walking into Your Life

Adapted from Mark Fenton's

20% Boost Program: Fit Walking into Your Life



### The Program

The goal of taking 10,000 steps in a day is a rough equivalent to the Surgeon General's recommendation to get 30 minutes of activity most days of the week. 10,000 steps should be enough to reduce your risk for disease and help you lead a longer, healthier life. But not everyone should start right out trying to get 10K a day. So instead take a comfortable, gradual approach -- the 20% Boost Program.

First buy a pedometer with a safety strap. If your pedometer doesn't come with a safety strap make one and pin or clip it to your waistband.

### Week 1

The goal is to measure your steps in a typical week. Don't try to walk more than normal. Each morning reset your pedometer to "0". Attach it to the front of your waistband over your left or right knee. Wear it all day from the moment you wake up until you go to bed, except in the shower or bath. At night remove it and record the number of steps you have taken in the step log.

### Week 2

Total steps for seven days \_\_\_\_\_

Divide by 7 \_\_\_\_\_

Multiply by 1.2 \_\_\_\_\_ This is your new goal for daily steps this week.

### Week 3

If you haven't reached your step goal, then boost your steps again.

Total steps for seven days \_\_\_\_\_

Divide by 7 \_\_\_\_\_

Multiply by 1.2 \_\_\_\_\_ This is your new goal for daily steps.

### How many steps do I need?

For health and disease prevention 10,000 steps a day

For successful weight loss 12,000 – 15,000 steps a day

For aerobic fitness Make 3,000 or more steps fast

### Where do I get a pedometer?

- The **Yamax Digi-walker** comes with a safety strap. It is the pedometer used by researchers and is recognized as the best pedometer out there. 888-748-5377; [www.digiwalker.com](http://www.digiwalker.com)
- **Omron HJ- 105**  
I also like this pedometer but it does not come with a safety strap. Be sure to buy one or make one.  
[www.ahelpnhand.com](http://www.ahelpnhand.com) 888-705-6065
- **Accusplit** 888-935-1996; [www.accusplit.com](http://www.accusplit.com)

### Step Log

|                | <b>Mon</b> | <b>Tues</b> | <b>Wed</b> | <b>Thurs</b> | <b>Fri</b> | <b>Sat</b> | <b>Sun</b> |
|----------------|------------|-------------|------------|--------------|------------|------------|------------|
| <b>Week 1</b>  |            |             |            |              |            |            |            |
| <b>Week 2</b>  |            |             |            |              |            |            |            |
| <b>Week 3</b>  |            |             |            |              |            |            |            |
| <b>Week 4</b>  |            |             |            |              |            |            |            |
| <b>Week 5</b>  |            |             |            |              |            |            |            |
| <b>Week 6</b>  |            |             |            |              |            |            |            |
| <b>Week 7</b>  |            |             |            |              |            |            |            |
| <b>Week 8</b>  |            |             |            |              |            |            |            |
| <b>Week 9</b>  |            |             |            |              |            |            |            |
| <b>Week 10</b> |            |             |            |              |            |            |            |
| <b>Week 11</b> |            |             |            |              |            |            |            |
| <b>Week 12</b> |            |             |            |              |            |            |            |