



10K
Steps

CHALLENGE

A pair of bright orange and teal sneakers is shown on a rocky surface. The sneakers have a mesh upper with teal accents and orange laces. The background is a blurred, light-colored rock face.

Thanks for joining the **10K STEPS CHALLENGE**

This is going to be FABULOUS! You will feel better, look better at the end of 28 days.

This e-book is going to explain everything you need to know to get started steppin' your way to fitness. Included in this **10K STEPS CHALLENGE** is a guide to get stepping and your 10K Step Tracker.

Get ready to get steppin'!

What is the 10K STEPS CHALLENGE?

The challenge is to get participants to be more active in their day-to-day lives so they can feel better and see greater weight loss results.

THE RULES ARE SIMPLE:

- » You will wear a pedometer all day, everyday (fitness tracker, phone app or actual pedometer the choice is yours) for 28 days with the goal being to accumulate 10,000 steps a day.
- » You will log your steps on the step tracker daily, and submit your completed tracker at the end of the 28 days to keep you accountable to the end result.

The purpose of this challenge is that you will be more active, feel better and begin to see the benefits of adding in extra activity to your days, so let's get stepping.

HOW TO WEAR YOUR
PEDOMETER
FOR THE MOST
Accurate
RESULTS

WARNING!

1

Find the part
of your
WAISTBAND
or belt that is
DIRECTLY OVER
YOUR KNEE
and secure the
pedometer in
the location.

**WEARING YOUR
PEDOMETER IN THE
MIDDLE OR TOO
FAR ON THE SIDE
OF YOUR PANTS WILL
AFFECT THE ACCURACY
OF THE READING.**

2

To check if your
pedometer is working
correctly, press reset
and walk **50 steps**.

3

Stop, open the
pedometer and
read what
it says. If the
pedometer
reads **48–50 steps**,
then you are
ready to go!

If not, try securing
it again and go for
50 more steps.

A silhouette of a person walking away from the camera on a paved path. The path is bordered by grass on the right. The background is a soft-focus landscape with trees and a cloudy sky.

Benefits of **WALKING**

- » Anyone can do it – all you need are two feet and a heartbeat!
- » There are no excuses, even if the weather is crappy you can head inside to the mall
- » It's easy on the joints
- » It can lower your blood pressure
- » It can reduce risk of heart disease and stroke
- » It can reduce your body fat (sweet!)
- » It enhances mental well being
- » It can reduce the risk of diabetes
- » It can increase bone density and help prevent osteoporosis
- » It gets you fresh air and sunlight and makes you feel fab!
- » Studies have shown that walking 10,000 steps a day will help you lose weight and KEEP it off!

Why wear a **PEDOMETER**?

Cardio and strength training are awesome for blasting fat and reshaping your body but for optimal health and weight management you need to move every day!

A pedometer is fabulous because it doesn't lie to you, it lets you know that you are active enough. Often women think they are moving around a lot, especially on work days, when in reality they aren't even getting half of the activity they need!

Before you start the challenge, **do a Step Test** by wear your pedometer for a day. Don't look at it. Just go about doing your normal daily activities, nothing extra. (If you start doing more because you know you are wearing the pedometer, this test won't work... so just set it and forget

it!) You will probably be shocked to see that you aren't moving nearly enough. In fact, the average Canadian Chick only logs in about 2000–3000 steps a day – which equates to walking only about 1–2 km a day! We know you have it in you to do much better than that...

How much is **ENOUGH?**

Experts recommend about 6,000 steps a day to increase your lifespan, and up to 10,000 steps to help promote weight loss.

So while 6,000 steps may get you feeling better, the **10K STEPS CHALLENGE** sets a goal for you of at least 10,000 steps a day, because we want you to see results!

How far is 10,000 steps?

2000 steps is about 1.6 km or about a mile. But don't worry, you don't have to walk 5 miles straight everyday (although if you want to, that's fabulous too!), you just need to accumulate that much movement over the course of twenty four hours.

Why 10,000 steps?

The 10,000 steps a day comes from government regulations that adults need to get in 30–60 minutes a day of moderate exercise. If you were to walk or jog five miles, it would probably take you 30–60 minutes.

Also, for each 2000 steps the average burns about a hundred calories. Burning 500 extra calories a day can lead to about a pound of fat loss per week. So by steppin' it up you are walking your way to a slimmer, sexier you!



What about already **BEING ACTIVE?**

If you are already an active person with a physical job like waitressing or nursing, you may find that when you do a step test day that you already get in 10,000 steps a day.

If this is the case, in order to reap the rewards of this challenge, you will need to increase your daily steps. Start with trying to get an extra 2000 in per day, and increase by 2000 each week.

You can still take part in the challenge, since it's awesome that you are already getting in those steps. But in order to see the results and challenge yourself, you will need to step it up, literally!



Ideas on how to

step it up!

- » Take the stairs whenever you can. If you live on a high floor, take the stairs at least 5 flights up, then hop on the elevator.
- » Get off the bus one stop sooner
- » Park your car farther away from your office
- » Get up to change the channel (just like in the old days!)
- » Walk wherever you can: go to the library, to the grocery store... if it's walkable, then leave the car at home
- » When having coffee with friends, take your drink for a walk around the city
- » Go for a walk on your lunch break, it'll also give you more energy for the afternoon.
- » Set your phone timer to go off every hour when you are at work.
- » At this time get up walk around the office, or do a few jumping jacks or marching in place.
- » Don't sit on the bench and watch your kids play at the park – get in there!
- » Find others and meet up for a weekly walk.
When you go to the grocery store, take an extra lap around the store before checking out.

Step it up!

- » Leave your phone in the other room, so when it rings you have to get up to answer it.
- » Sign up for a fun walk/run. There seems to be one taking place every weekend!
- » Walk the kids to school. You will get to spend more quality time with them, and encourage healthy habits for the whole fam!
- » When on the phone, pace around the room – never sit still!
- » If you are out at a bar – get up and dance! Don't just sit in the corner (and yes, you still should wear your pedometer when you go out!)
- » Plan some more active outings with friends – like bowling, mini golf, paintball, or even just exploring a new part of the city... you can always see a movie or go out to eat after.

Tracking your

steps

The following page includes a chart to track your steps.

Each evening record how many steps you walked that day. Reset your pedometer each morning and make it your goal to get to 10,000.

Yes, we know that you could toss your pedometer in your junk drawer and type in that you walked your steps everyday, but you would only be cheating yourself and wouldn't see any of the fabulous results that you will experience if you actually complete the challenge.

At the end of the week, tally up your steps! Make sure it meets or exceeds 70,000. Good luck!

Get ready to get *steppin'!*

10K STEPS CHALLENGE TRACKER

NAME:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
TOTAL				