



Moving Medicine

Step Counting

Monitoring your step count is a simple and effective way to help you keep track of your physical activity levels. For those who are able to walk, walking has been described as the 'perfect exercise' since it requires no special equipment and can be integrated into many aspects of routine daily life.

How do I measure my step count

Pedometers, smart phones and wrist worn fitness trackers can all count steps effectively. Different devices count steps slightly differently so for your step diary it is important to use the same device each day to compare like with like.

How fast should I walk?

Ideal walking speed depends upon various factors such as how fit you are and how long your legs are, so there is no single rule for all.

- Aim to walk briskly at a pace that raises your heart rate, makes you breath faster and feel warmer, but at which you can still hold a conversation.
- For those who like numbers, this is about 100 steps per minute.

How many steps should I take each day?

The UK recommendation of 150 minutes of activity per week equals about 15,000 steps of brisk walking per week. If you are only counting your steps when you are out walking briskly this is a useful target to achieve throughout the week.

However, many of the steps we take each day are not during brisk walking, for example walking between rooms at home. Taking into account these additional steps, aiming for 10,000 steps per day is a healthy objective. Do not worry if this target seems a long way off, the biggest health gains are seen for people that increase from a small number of steps to slightly more (for instance 3000 to 4000 per day).

Stepping goals

Set your stepping goals in the short, medium and long term

IN 2-4 WEEKS?	<input type="text"/>	STEPS/WEEK
IN 3 MONTHS?	<input type="text"/>	STEPS/DAY
IN 1 YEAR?	<input type="text"/>	STEPS/WEEK

**Aim to
increase your
steps by about
10% per week**

Step counting diary

Use this 12 week plan to help manage and track progress toward your walking goals.

Remember to book an appointment with your healthcare professional after approximately one month to discuss your progress toward a more active lifestyle.

Week	Start Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly total
1									
2									
3									
4									

My short term goal is:	Comments on short term progress:

Week	Start Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly total
5									
6									
7									
8									
9									
10									
11									
12									

My medium term goal is:	Comments on medium term progress

My long term goal is: