

Monitoring Steps & Walking Recommendations



Step & Distance Tracking

Sac State Steps Together will ask you to track your steps for the program log and to earn incentives (incentive program on hold fall 2021). In addition to monitoring steps some people want to monitor distance traveled or time spent moving. Any approach is valid and will provide a means to monitor measure progress. Most fitness apps or wearable devices will monitor all three (steps, time, distance). **My favorite app is Map My Walk.** The app is free and is easy to use. Other apps have additional features and are worth investigating. Walking App Reviews from Good Housekeeping:

<https://www.goodhousekeeping.com/health-products/g28778836/best-step-counter-pedometer-apps/>

How Many Steps to have for a Goal

Much has been written and promoted to encourage you to complete 10,000 steps/day. Depending on your stride length that is about 5 miles. The number 10,000 was really part of a marketing campaign for selling pedometers and promoting walking. Actual research indicates that 6-7,500 steps/day is enough to improve health outcomes.

Suggestions:

- Try to walk for 10-15 minutes for a start. See how many steps you accumulate and start from there.
- Work up from your baseline to 5-6,000 steps a day is great first step in starting a walking program.
- If you already are accumulating more than 6000 steps a day. Pick a goal that is reasonable for you that could include time distance or steps. **To improve your health try walking faster more than walking farther**

The evidence: 7,500 steps/day improves cardiovascular health in type 2 diabetes

Conclusion: **walking faster more important than walking farther**

https://journals.lww.com/jcjournal/Abstract/2013/11000/Daily_Steps_Threshold_to_Improve_Cardiovascular.9.aspx