



10,000 STEPS CHALLENGE

Personal Training Plan

Getting started

Being more active has a huge positive impact on our physical health as well as on how we feel and how we manage the daily pressures and stresses in our lives. Did you know inactive people are 1.9 times more likely to have a heart attack than active people (Blair, 1992) Modern living has reduced the need for our daily routines to involve physically active tasks, that's why most of us need an exercise programme...it acts as a supplement to make up for the fact that our lives are now more sedentary. This 4-week plan is incredibly simple to follow. Decide on your daily activity and monitor your progress using the personal training log (shown overleaf).

How the challenge works

This challenge is about moving more each day and tracking the number of steps you take using a pedometer or activity tracker. The goal is 10,000 steps a day, or about five miles. Most people take between 6,000 and 7,000 steps a day even if they don't exercise. There's evidence that pedometer users walk more than 2,000 additional steps each day than non-users, even if they don't have a formal exercise programme.

Our challenge is simple...

- Register as an individual or team of up to 5 people
- Record your daily activity level in steps
- At the end of each week enter the total number of steps that you have earned that week.
(if part of a team your team manager will do this)

Tracking your activity

There are many ways to track activity ranging from a simple pedometer, wearable technology, mobile phone apps or high tech wristbands. You can choose how you track your activity.



Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

