



Living Well-Ahead One Step at a Time!



Challenge yourself to get at least **5,000** steps each day

Social distancing does not have to mean neglecting your personal health and wellness goals. This is the perfect time to focus on and raise awareness for your own health. Exercise does not always mean going to the gym; you can find plenty of opportunities for physical activity in the comfort of your home!

You can accumulate steps throughout the day by simple activities such as walking your dog, cleaning your house, doing yard work, or playing with your children. You can use

a step counter that is available on all smartphone devices. The Health app on iPhone, MyFitnessPal app, and Google Fit app are all helpful tools!

To optimize the health benefits of increasing your steps, you can strive to exceed the challenge goal and aim for 7,500 steps or more per day. Remember—making the conscious effort to achieve 5,000 steps every day for a week will provide you with physical activity, stress relief, and a boost in mental health so make every step count!

	Goal	Steps
Day 1	5,000 Steps	_____
Day 2	5,000 Steps	_____
Day 3	5,000 Steps	_____
Day 4	5,000 Steps	_____
Day 5	5,000 Steps	_____
Day 6	5,000 Steps	_____
Day 7	5,000 Steps	_____
	Total Steps:	_____