Regular physical activity is a great way to feel good and be healthy. All adults need 30 minutes or more of moderate intensity physical activity at least five days a week.

For good health you should aim to take at least 10,000 steps a day at least five days per week. Many people only take between 3000 and 5000 steps a day so reaching 10,000 steps may not be easy for everyone.

Using your step counter:
- Wear it on the waist band of your trousers or skirt, above your hip.
- Don’t put it in your pocket; it won’t record your steps properly.
- When starting make sure it’s set to 00000.

Benefits of Active Travel
- A healthier environment!
- Walking & cycling leads to less cars on the road meaning safer surroundings, cleaner air and less noise for you & your family.
- Savings! If you walk to the shops or walk some of the way makes sense to think of travelling actively instead of focusing on traffic, you have a great opportunity to spend some time with your child.
- Greater likelihood they will become active too.
- Anxiety. No need to worry about traffic jams any more.
- Being active is proven to reduce stress and make you feel fit!
- Tax your thighs instead of your tyres!

What is a step counter?
A step counter counts the number of steps you take each day. Using a step counter can be a great way to see how active you are and can help you to become more active. Even small changes are recorded, such as climbing an extra flight of stairs or getting off the bus one stop earlier, these small changes can really add up and make a difference to your activity levels.

Get Active 4-Week Step Challenge
For Adults

Regular physical activity is a great way to feel good and be healthy. All adults need 30 minutes or more of moderate intensity physical activity at least five days a week.

Get Active 4-Week Step Challenge
Getting started:
On the 1st day record the number of steps you take – don’t change your normal routine. Using the number of steps from day 1 as a guide set a goal to reach each day of week 1. At the start of every remaining week set new targets by adding at least 500-1,000 steps to your daily step total. Aim to reach your own goal or better again at least 10,000 steps a day everyday by the end of the 4-week challenge.

For more tips on being active visit: www.getirelandactive.ie
www.littesteps.eu
www.littesteps.eu

Remember:
- Record your steps last thing at night.
- Press the reset button first thing in the morning 00000.

Be Safe
- Wear comfortable shoes with a good grip.
- Walk in well lit areas and wear reflective clothing.
- If you have not been active for some time or have a medical condition check with your GP before getting started.

For small items, walk to the shops at lunch time. Park the car 10 minutes from school gates and walk the rest of the way. Drop the children at school gates and walk the rest of the way. Drive to work 3 days. Ask my employer about the bike to work scheme. Drive to work 5 days. Can’t cycle as I don’t have a bicycle. Walk in well lit areas and wear reflective clothing. Wear comfortable shoes with a good grip. If you have not been active for some time or have a medical condition check with your GP before getting started.
My goal is to take ____________ steps every day by the end of my 4-week challenge

Name: __________________________________________________________

Start Date: ____________________________________________________    Finish Date: ___________________________________________________

Tips to add more steps to your day:

- Walk to work or to the shops.
- Use the stairs instead of the lift or escalator.
- Park at the farthest end of the car park.
- ‘Walk and talk’ to colleagues instead of emailing or phoning them.
- During TV ad breaks get up and move round.
- Go for a brisk walk (e.g. a mile in 15 – 20 minutes).

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10,000 Steps

Aim to reach your own goal or better again at least 10,000 steps a day by the end of the 4-week challenge. Make sure you gradually and safely increase your activity levels.

For more support with this challenge contact your local HEALTH PROMOTION DEPARTMENT phone: ____________________________