WELLNESS

CHALLENGE

Walk for better health

Walking may be more helpful than you think

It can help you maintain a healthy weight. It can also help you prevent or manage health conditions including heart disease and high blood pressure. And unlike some other exercises, walking is free and easy to fit into your daily routine. Who knew this simple activity could do so much for your well-being?

Start your challenge today

Add more steps or walking minutes into your day.

How to begin

It's simple:

- ✓ Use a step counter to track your steps. Aim for 6,000 – 10,000 steps each day.
- ✓ Track your walking minutes if you don't have a step counter. Aim for 30 – 60 minutes each day.
- ✓ Earn five or more stars each week using the star level chart. Any star you earn counts toward your weekly goal.

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WELLNESS

CHALLENGE

Find your path to better well-being

How to make walking work for you.

1. Start walking in 10-minute increments and then slowly increase your time.
2. Schedule walks on your calendar.
3. Leave a pair of gym shoes in your car or at your desk.
4. Find a walking buddy.
5. Get up once an hour and move during the workday.
6. Add steps when you can. You can try parking further away or choosing to take the stairs.

If you've just started walking for exercise, try to earn 20 or more blue stars. If you're already active, aim higher. Your goal is to set a walking habit that you can stick to in the long run.

Star level	Minutes walked	Steps taken
Blue star ★	15-29	2,500 - 4,999
Green star ★	30-59	5,000 - 9,999
Gold star ★	60 or more	10,000 or more

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TRACK YOUR steps and minutes

See how well you're doing

Earn five or more stars each week using the star level chart. Any star you earn counts toward your weekly goal.

	Day	Steps taken	Minutes walked	Star level
Week 1	1			Choose
	2			Choose
	3			Choose
	4			Choose
	5			Choose
	6			Choose
	7			Choose
	Week 1 Total:			
Week 2	1			Choose
	2			Choose
	3			Choose
	4			Choose
	5			Choose
	6			Choose
	7			Choose
	Week 2 Total:			
Week 3	1			Choose
	2			Choose
	3			Choose
	4			Choose
	5			Choose
	6			Choose
	7			Choose
	Week 3 Total:			
Week 4	1			Choose
	2			Choose
	3			Choose
	4			Choose
	5			Choose
	6			Choose
	7			Choose
	Week 4 Total:			

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