



10,000 Steps

Walking is one of the best ways to become physically active. You can do it anytime! Anywhere! Just make sure you have proper fitting footwear and socks.

Walk whenever you can during your day – every step counts. However, it is recommended to get 30-60 minutes of continuous walking, 3-4 days a week.

So, how far do you need to walk to lose or maintain your weight and feel great? **10,000 Steps**



Most people take between 900 and 3,000 steps during a typical day.

10,000 is a big number. So increase your steps each week until you reach 10,000. Work with your diabetes care team to create goals to help you get there.



Keep Track

Wear a pedometer to track your progress. A pedometer is an inexpensive device that counts every step you take. Pedometers are available at your local pharmacy or sporting goods store.

Keep track of your steps in a calendar, log book, or on your computer. You'll be surprised how far you can go!

Find Support

Walk with a family member or friend. Or, you may want to join an on-line group of people working toward the goal of taking 10,000 steps each day.

