According to Dietary Guidelines for Americans 2015 – 2020 Edition

- “All adults should avoid inactivity. **Some physical activity is better than none,** and adults who participate in **any amount** of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also include muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.”

According to the Centers for Disease Control and Prevention

- “The **Physical Activity Guidelines for Americans** recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.
- The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.
- Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment.
- **Why not!** Add walking as part of your daily routine.”

These goals may seem overwhelming, but you can **start where you are and build gradually.** We designed this walking challenge for you to set a four-week goal to increase your steps slowly but surely or quickly – it is up to you. Please contact me if you need help adjusting the calculator to your desired increases. I am happy to help.

**Ideas to Easily Increase Daily Steps**

- Join us for MileMonday
- Try a Twofer Tuesday – a walk around the perimeter of UC is two miles
- Meet at the Rec Center for their free Walk It Wednesday program
- Thirsty Thursday - Drink lots of water and use a restroom on a different floor
- Find-a-Friend Friday and go for a lunch walk
- Use the attached campus maps to find some walking routes
- Try a walking meeting
- Park farther away so you walk a bit more to your destination
- Take the steps when possible instead of the elevator
- Walk to talk to co-workers instead of calling or emailing
- Go for a walk around your neighborhood after dinner
- What ideas do you have?