



**10,000 Steps A Day**

The U.S. Surgeon General recommends that people average about **30 minutes** of moderate intensity physical activity each day to improve their overall fitness, cardiovascular health and blood sugar control. One way of making sure you get your 30 minutes of physical activity each day is to take **10,000 steps**, which translates into about 3.5 miles. Many people find it very hard to reach the 10,000 step goal during the course of their normal day. Here are some tips that may help:

- Record the number of steps you take daily in a journal or on your wall calendar.
- Slowly increase the number of steps you take, this will help you avoid injury and establish a routine.
- Set weekly goals. If you only find yourself walking 900 steps each day, attempt to increase that number to 1,200 per day during the next week or two.
- Continue to increase your daily step amounts until you reach the 10,000 step goal!



**REMEMBER**

- \* Consult your doctor before beginning any exercise routine.
  - \* To help avoid injuries, start slow.
  - \* Wear the right cloths (something comfortable and remember to wear good walking shoes)!
  - \* Drink water while working out.
- Making exercise a part of your everyday schedule will take some time, but stick with it ...

The benefits are worth it!

 **A Local Healthy Maine Partnership**

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**HealthySV**  
Creating Healthy Communities



**SVH**  
COMMUNITY HEALTH  
Quality Care Close to Home

# Walk Your Way To Healthier You!



## Your Guide for Winter Walking Includes:

- Places to walk inside
- Times
- Important Walking Tips
- Free gift opportunity
- Plus much, much more!

## Benefits of Walking

Regular exercise is extremely important in maintaining your health. The benefits of exercising are endless and can include improvements to your:

- \* Cardiovascular Health
- \* Weight
- \* Blood Pressure
- \* Cholesterol
- \* Mental Health
- \* Bones and Muscles
- \* Blood Glucose Levels

Exercising for just 30 minutes a day can really make a difference in the way you look and feel!

Easy ways for you to exercise during the course of the day:

- \* Park further away at the store.
- \* Meet a friend for a walk instead of coffee.
- \* Take your pet for a walk.

## Where Can I Walk?

Times are available Monday through Friday, unless otherwise indicated. School days only!

- **Hartland Consolidated**  
5:30 - 7:00 am & 3:30 - 5:30 pm
- **St. Albans Consolidated**  
6:30 - 7:30 & 3:15 - 4:15
- **Somerset Valley Middle School**  
6:00 - 7:30 pm Only
- **Warsaw Middle School**  
3:30 - 7:00 pm *Hallways Only*
- **Maine Central Institute**  
5:30 - 7:30 am (Wrights Gym)
- **Hartland Community Center**  
5:30 - 7:00 am & 3:30 - 5:30 pm
- **Harmony Elementary Gym**  
Mon. Tues. Wed. & Fri. 7:45 - 9:00 am

**Some Schools allow you to use the hallways, while others prefer you to use the gym. Please check with the school office for specific details**

## Would you Like a Free Pedometer

Healthy SV is pleased to offer you a pedometer to measure your steps.

This is a free gift to you for being a part of the winter walking program and taking steps toward a healthy, active lifestyle!

To receive your free pedometer, simply fill out this form and mail it to the Healthy SV office at the address provided below. **There are limited quantities, so hurry and send in your request today!**

Name

Address

Phone

E-mail

**Thank you for participating in  
Healthy SV "Move More"  
Winter Walking Program.**

**Your pedometer will be sent to you as  
soon as we receive your request.**

**Happy Walking**

**Send request to:**

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Phone: 487-3890 ext. 2735  
Email: [ajohnston@emh.org](mailto:ajohnston@emh.org)

