

Counting Your Steps Can Improve Your Health!

For many Americans, the New Year signals it's time to get moving. According to the Center for Disease Control (CDC), "more than 50% of U.S. adults do not get enough exercise to receive health benefits, and 25% are not active at all in their leisure time." A recent article published in the Journal of American Medical Association (JAMA) said "the costs associated with physical inactivity are high... if 10 percent of adults in the United States began a regular walking program, an estimated \$5.6 billion in heart disease costs could be saved."

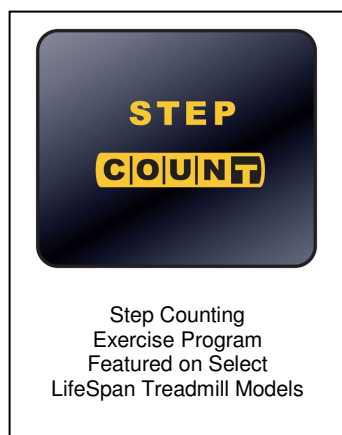


Two studies published in the Journal of the American Medical Association have confirmed that a step counting lifestyle approach can be as effective as a traditional exercise program. Simply increasing the number of steps you take each day, and keeping track of how many steps you're taking, can have a positive impact on your overall health. A JAMA article reviewed studies that showed "use of a pedometer, especially with a daily step goal, is associated with significant increases in physical activity (additional walking of about a mile a day) and decreases in body mass index and blood pressure." Although there is no detailed evidence of the effectiveness of recording daily steps, it has recently experienced a surge in popularity as a tool for motivating and monitoring physical activity.

The CDC recommends striving to take 10,000 steps each day. According to the CDC average Americans get only 3,000 to 5,000 steps a day. Making a conscious effort to engage in 30 minutes of physical activity by walking at a brisk pace around your neighborhood or on a treadmill after an otherwise sedentary day will help you satisfy the CDC/ACSM recommendation and reward yourself with health benefits."

LifeSpan's Step Counting Solution

Our newest STEP COUNTING feature and exercise program is an excellent tool to help Americans begin counting their steps or supplement their current step counting initiatives.



Intelli-Step™ is LifeSpan's exclusive technology which detects the impact of your footstrike on the treadmill belt as you exercise. Our unique Step Count program which utilizes Intelli-Step™ lets you select the number of steps you want to take, then displays the number of steps you've taken until you reach your goal. The treadmill console will not only can you see how many steps you've taken, it will also show you how many miles you've traveled and how many calories you've burned! The Step Count program is a simple solution to help you get more physical activity each day.

The LifeSpan TR2000 treadmill and the newest model of the TR3000 include this exciting new feature.

Intelli-Step™ is one of many LifeSpan innovations demonstrating our commitment to developing and utilizing technology to create simple and meaningful features for positive health benefits.

Tips to Increase Your Daily Steps

Whether you use a LifeSpan treadmill, a pedometer, or other method to count your steps, here are some tips to inspire you to move more.

- ✓ **Participate in a Step Counting Program** – Step Counting Programs can make walking fun and keep you motivated to exercise. Consider participating in a program such as the Center for Disease Control's (CDC's) 10,000 Steps a Day or AARP's walking program.
- ✓ **Set Realistic Goals** – In the JAMA article, the studies which had a step goal increased physical activity. The studies without a step goal had no significant increased physical activity. Possible goals can be choosing how many steps you want to take each day such as 10,000 steps, identifying a percentage increase in the number of steps you want to take daily such as doubling or tripling your steps, or selecting a destination to walk to such as a historical journey. If your goal is to lose weight, start slowly then gradually work your way up and increase your step goals. Goal-oriented step counting can result in more significant health benefits than merely counting your steps.
- ✓ **Keep Track of Your Steps** – Record your steps each day and monitor your progress toward achieving your goal. Create a chart so you can visibly see if you are meeting your daily step goal. It can also help you identify obstacles preventing you from achieving your goals.
- ✓ **Be Creative in Your Journey** – Picking a route or destination and creating a personalized chart for your progress with rewards along the way can make it interesting and keep you motivated. One LifeSpan customer who is traveling across the country for vacation next year has chosen to walk the distance before the vacation. Internet mapping software such as Google Maps or Microsoft's Streets and Trips can make your journey fun to create and implement.
- ✓ **Focus on the Outcomes** – Monitoring your daily steps is a process toward achieving better health. According to the CDC, 10,000 steps is roughly equivalent to walking 5 miles and "will burn between 2,000 and 3,500 extra calories per week, which will result in achieving a vastly better health profile and longer life." Maintaining a healthy weight, increasing muscular strength, improving cardio-respiratory fitness, increasing bone mass, reducing stress and anxiety, and improving self-esteem are all reasonable expectations you can achieve from being more physically active.