

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

OCTOBER 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

Track & increase your daily step count

Goal: Work towards 10,000 steps a day



"Walking: the most ancient exercise and still the best modern exercise."

-Carrie Latet

Why set a daily step goal? Walking is a form of exercise that's available to most people. You don't need any special equipment other than some supportive walking shoes. You can walk anywhere (in your neighborhood, at the store, on the treadmill) and any time! Walking for regular activity can help reduce your risk of these common health problems:

- Heart disease
- Obesity
- Diabetes
- High blood pressure
- Depression

Setting a daily step goal is a great way to motivate yourself to move more and to interrupt the time you spend sitting.

To set your step goal, start by finding out how many steps a day you walk now, as your own baseline. Then, work toward the goal of 10,000 steps by aiming to add 1,000 extra steps a day every two weeks.

OCTOBER RESOURCES

10 WALKING IDEAS TO
INCREASE YOUR STEP
COUNT



8 Ways to Increase Your Daily Step Count

Check out easy ways to boost your step count with a few changes to your daily habits:

14-Day Plan to Walk More Steps

This two-week challenge is progressive, simple, and tailored based on what your baseline is!



Remember to submit your training log by November 1 to be entered to win this month's prize!

SUBMIT YOUR
LOG HERE