

GET MOTIVATED TO MOVE!

Modern conveniences—not to mention busier than ever lives—have conspired to deprive us of the physical activity our bodies need to stay healthy. And when we say physical activity, we're not just talking about walking or jogging. Simply moving our bodies more throughout the day is important, too. One way to keep track of how much you move (and to help you stay motivated) is to buy yourself a pedometer—a kind of personal trainer.

Bonus: The best exercise is the one that you will do. Walking is considered one of the best choices because it's easy, safe and cheap!

PEDOMETER POINTERS

- **Buy a pedometer** that tracks only steps. Fancier models that count calories or distance can be inaccurate. You'll find pedometers in sporting goods stores and on various websites. Cost: about \$15—\$30.
- **Wear your pedometer clipped** to your waistband or belt. To get the most accurate count, wear it directly over your hipbone. Put it on as soon as you get dressed, and keep it on until you go to bed.
- **Wear the pedometer** for about a week without changing your habits. Each night, jot down your step count and a few notes about what you did that day. For your first goal, up your number of steps—by 1,000, 2,000, or 3,000—whatever you can. Any increase will be beneficial.
- **Aim for 10,000 steps a day** (roughly five miles). But don't worry if you can't log that many steps. Remember, anything above what you are currently doing is good. To reach a 10,000 step goal, most people also need to include a couple of miles of walking (or jogging) each day.
- **To increase your steps**, fight the temptation to use timesavers like drive-through windows, elevators or meal-delivery services. Make a contingency plan for what you'll do when the weather won't allow you to walk outdoors. One idea is to walk in the nearest mall.
- **Look for ways to make time with your children or spouse** more active. Instead of watching TV together, go bowling, window shopping—or just go for a walk.

