



Let us do the math!

Remember to reset your pedometer back to zero each day. After logging your steps the MyStart! Online tracking system will tell you how many total steps you've logged.

Want to know the approximate distance?

Divide the number of steps by 2000. There are approximately 2000 steps per mile.

10,000 Steps per day Goal

The "10,000 steps per day" goal is a great target for anyone. 10,000 steps is the recommended daily step goal for a healthy adult. Use your pedometer to help improve your activity level.

What's Your Activity Level?

| | |
|---------------|-----------------|
| Steps per day | Activity level |
| < 5,000 | Sedentary |
| 5,000-7,499 | Low Active |
| 7,500-9,999 | Somewhat Active |
| ≥ 10,000 | Active |
| ≥ 12,500 | Highly Active |

Little changes in your life can make a big difference:

- Hold your next meeting on the go instead of in the conference room.
- Park your car farther away when you go shopping or to the office.
- Walk to get your morning paper or coffee.
- Take the stairs instead of the elevator.

Incentive Awards:

- 500,000 steps = ID holder & lanyard
- 1,000,000 steps = Water bottle
- 1,500,000 steps = Walking Dukes T-Shirt