



## Pedometer & Strength Training Tips

Step Count Pedometer		
No. Steps	Approx. Distance	Approx. Calories
2000	1 mile	100
3000	1.5 miles	150
4000	2 miles	200
6000	3 miles	300
8000	4 miles	400
10,000	5 miles	500

### Aim for 10,000 steps!

- Wear a pedometer everywhere for a few days to check how many steps you are walking.
- Try adding 500-1000 steps every few days until you get close to 10,000 steps a day. Use the pedometer to track your progress.
- 10,000 steps are equal to 5 miles and will take at least 60 minutes of walking for most people.

Continued on back.

# Strength Training & Toning Program

- 1. Warm-Up:** Light aerobic activity OR an aerobic workout for 5-10 minutes
- 2. Balanced Workout:** Include all the major muscle groups

Major Muscle Groups			
Biceps	Upper Back	Abdominals	Hamstrings
Triceps	Lower Back	Inner Thighs	Calves
Shoulders	Chest	Outer Thighs	Quadriceps

## 3. Strength Training:

Healthy Adults under 50	1 set / 8-12 reps / 2-3 days a week
Healthy Adults over 50	1 set / 10-15 reps / 2-3 days a week
Cardiac Patients	1 set / 15-20 reps / 2-3 days a week

- 4. Technique:** Slow and controlled; each repetition = 5 seconds
- 5. Stretch:** Include static (not bouncing) stretches for all major muscles

If you are just starting a physical activity routine or you have muscle and/or ligament problems, talk to your doctor before beginning a routine.

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