



| 10,000 Steps Challenge

EMPLOYER WELLNESS PROGRAM



Health New England
Where you matter.

| Healthy Directions

Develop Healthy Habits in Four Weeks

Program Description

The 10,000 Steps Challenge is a four-week program. During this time, participants engage in the recommended physical activity outlined in the program objectives long enough to establish a new habit. Research supports engaging in at least 30 minutes a day of moderate-intensity physical activity like brisk walking, or a minimum of 15 minutes a day of vigorous-intensity physical activity like running or jogging. People who do this experience health benefits, including greater life expectancy, and reduce their risk of chronic conditions.*

Participants will set goals and track their steps over the course of this challenge through the Tracking Sheet provided. Group leaders can use the Program Engagement Tips for ideas on how to increase engagement rates throughout the challenge.



Program Goals



Program Objectives

The objective of the 10,000 Steps Challenge is to help participants build up to or maintain the recommended physical activity levels of 10,000 steps daily. Research shows that some people will not be able to reach this goal due to their fitness level or other conditions. Participants who can't reach the 10,000 steps per day goal should:

- Determine a base rate during the first week of the challenge
- Add 1,000 steps to the base rate for a Week 2 goal
- Continue to add 1,000 steps to weekly rates until the 10,000 steps per day threshold is reached

Program Measures

Program participants will receive a Health New England accelerometer to track steps. Also, they may use the Health Trackers function on the Healthy Directions web portal, powered by WebMD® Health Services, or the paper Tracking Sheet provided to track their steps.

*Moore, Patel, Matthews, Berrington de Gonzalez, Park, & Katki, 2012.

Get Started

How to become a 10,000 steps champion:

- Pick up your Healthy Directions accelerometer provided to your employer (at no cost to you).
- Wear your accelerometer every day of the challenge.
- Track your daily steps.
- Maintain a goal of 10,000 steps per day.
- Use the Tracking Sheet to track and record your daily steps, total weekly steps, weekly average and weekly goal, or track your steps using the tracker tools on the Healthy Directions web portal at webmdhealth.com/hne.
- Submit your Tracking Sheet at the end of the 4-week challenge.



Health New England health coaches challenge you to become a 10,000 steps champion!



Get Moving

On average, walking 10,000 steps per day is equivalent to about 30 minutes of moderate-intensity physical activity performed all at once.¹ According to the Centers for Disease Control and Prevention (CDC), people who engage in at least 30 minutes of moderate-intensity physical activity a day, like brisk walking, experience health benefits, including greater life expectancy.²

The more steps you take, the more your health improves. Take a look at the chart³ below to see what your current physical activity level is based on the number of steps you take per day.

Number of steps per day	Physical activity level
< 5,000	Sedentary
5,000 - 7,499	Low Active
7,500 - 9,999	Somewhat Active
≥ 10,000	Active
≥ 12,500	Highly Active

¹Tudor-Locke, et al., 2011.

²Moore, Patel, Matthews, Berrington de Gonzalez, Park, & Katki, 2012.

³Tudor-Locke, et al., 2011.

10,000 Steps Challenge

What happens if you can't reach 10,000 steps per day?

Don't get discouraged! In the first week of the challenge, you will determine your base rate of steps per day. If this value is greater than 10,000 steps, then fantastic! Maintain this as your daily goal for the entire challenge.

If this value is fewer than 10,000 steps, try to add 1,000 steps to your per day base rate.

Set that as your next weekly goal. For example:

- Week 1 Goal: average base rate = 3,400 steps per day
- Week 2 Goal: 3,400 steps per day + 1,000 steps per day = 4,400 steps per day

Continue to add 1,000 steps to your weekly average until you hit a weekly average of 10,000 steps per day.



11 tips for adding more steps:

1. Take a walk with your spouse, child or friend.
2. Use the stairs instead of the elevator.
3. Park farther from the store than usual. Better yet, walk to the store.
4. Go window shopping.
5. Plan a walking meeting.
6. Walk over to visit a neighbor.
7. Get outside to walk around the garden or do a little weeding.
8. When golfing, walk rather than ride in a cart.
9. Use a push lawn mower instead of a sitting lawn mower.
10. Walk in 10-minute bursts of activity.
11. If you walk for 10 minutes during your break times and at lunch, you will total 30 minutes and approximately 4,000 to 4,500 steps.

Track Progress

An easy way to track your steps is to wear a pedometer, accelerometer or download a free pedometer app on your smart phone. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until you go to bed. Record your steps daily. By the end of the week, you will know your average number of daily steps. You might be surprised at how many (or how few) steps you take each day.



Why the 10,000 steps challenge is so important

Staying physically active is essential to your good health. Higher volumes of steps per day have been shown to improve overall health status. Pedometer/accelerometer programs that add between 2,500 and 4,300 steps per day over a person's base step rate can improve health outcomes.¹ Even more encouraging, for each additional 1,000 steps per day a person takes, that individual's odds of developing metabolic syndrome* are lowered by 10%. That's just by adding an extra 1,000 steps per day!²

How activity and intensity matter

Taking more steps per day is important. Equally important is your activity time and your intensity level during the activity. According to the CDC, people who engage in at least 30 minutes of moderate-intensity physical activity a day (e.g., brisk walking) or at least 15 minutes of vigorous-intensity physical activity (e.g., running or jogging) experience health benefits, including greater life expectancy.³

The 30 minutes of physical activity don't have to be done all at once. They can be broken down into 10- to 15-minute bouts.⁴ Taking 7,000 to 10,000 steps per day under free-living conditions is equivalent to 30 minutes per day of moderate to vigorous physical activity.⁵ That means in order to reach the recommended daily physical activity level, an adult should be taking between 7,000 to 10,000 steps per day.

*Metabolic syndrome is defined by the American Heart Association and National Heart, Lung, and Blood Institute as having three or more of the following: 1) high waist circumference (≥ 102 cm for men and ≥ 88 cm for women); 2) high levels of triglycerides (≥ 150 mg/dL or on drug treatment); 3) low level of HDL cholesterol (< 40 mg/dL for men and < 50 mg/dL in women or on drug treatment); 4) elevated blood pressure (≥ 130 mmHg systolic or ≥ 85 mmHg diastolic or on drug treatment); 5) elevated fasting glucose (≥ 100 mg/dL or on drug treatment).

When it comes to intensity level, the pace at which you take steps is as important as the amount of time you take. To receive the health benefits seen with step challenges, you must maintain a walking rate of 100 steps per minute. This translates into 1,000 steps in 10 minutes or 3,000-4,000 steps in 30 minutes. This would satisfy the moderate to vigorous physical activity level recommended by such organizations as the CDC.

Keep It Up

Congratulations! You now have the tools to complete your steps challenge and become a 10,000 steps champion!

For questions or more information, please contact the Health New England Healthy Directions team at healthydirections@hne.com.

¹Moreau, Degarmo, & Langley, 2001; Sugiura, Kajima, & Mirbod, 2002; Tudor-Locke, Myers, & Bell, 2002.

²Sisson, Camhi, Church, Tudor-Locke, Johnson, & Katzmarzyk, 2010.

³Moore, Patel, Matthews, Berrington de Gonzalez, Park, & Katki, 2012.

⁴Schmidt, Biwer, & Kalscheuer, 2001; Centers for Disease Control and Prevention, 2011

⁵Tudor-Locke, et al., 2011



More steps = Huge health benefits!

A higher volume of steps per day is associated with improved health outcomes such as lower levels of:

- Body Mass Index (BMI)
- Body fat
- Waist size
- Diastolic blood pressure
- Insulin
- Glucose
- Triglycerides

References

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10,000 Steps - Individual Tracking Sheet

WEEKS 1-4

Program Goal: Complete 10,000 steps each day and exercise for at least 30 minutes a day, seven days a week.

FIRST NAME	LAST NAME	EMPLOYER NAME
EMAIL	HEALTH NEW ENGLAND MEMBER? IF YES, PROVIDE MEMBER ID NUMBER	DATE OF BIRTH

WEEK 1	WEEK OF: / /							Total Steps	Average Steps/Day*	Additions to Goal	Goal for Week 2
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
	1	2	3	4	5	6	7	ADD STEPS 1-7	TOTAL STEPS ÷7		
DAILY STEPS TAKEN											

*IF YOUR AVERAGE STEPS PER DAY IS UNDER 10,000 STEPS, THEN ADD 1,000 STEPS TO YOUR CALCULATED AVERAGE STEPS PER DAY FOR YOUR WEEK 2 GOAL.

WEEK 2	WEEK OF: / /							Total Steps	Average Steps/Day*	Additions to Goal	Goal for Week 3
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
WEEK 2 GOAL	8	9	10	11	12	13	14	ADD STEPS 8-14	TOTAL STEPS ÷7		
DAILY STEPS TAKEN											

*IF YOUR AVERAGE STEPS PER DAY IS UNDER 10,000 STEPS, THEN ADD 1,000 STEPS TO YOUR CALCULATED AVERAGE STEPS PER DAY FOR YOUR WEEK 3 GOAL.

WEEK 3	WEEK OF: / /							Total Steps	Average Steps/Day*	Additions to Goal	Goal for Week 4
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
WEEK 3 GOAL	15	16	17	18	19	20	21	ADD STEPS 15-21	TOTAL STEPS ÷7		
DAILY STEPS TAKEN											

*IF YOUR AVERAGE STEPS PER DAY IS UNDER 10,000 STEPS, THEN ADD 1,000 STEPS TO YOUR CALCULATED AVERAGE STEPS PER DAY FOR YOUR WEEK 4 GOAL.

WEEK 4	WEEK OF: / /							Total Steps	Average Steps/Day	Additions to Goal
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
WEEK 4 GOAL	22	23	24	25	26	27	28	ADD STEPS 22-28	TOTAL STEPS ÷7	
DAILY STEPS TAKEN										

I certify that the information above is correct and accurate and the person signing below is the person participating in this wellness challenge. I understand that falsification of any information or any part of this tracking sheet may make me ineligible for any rewards program.

(X)

SIGNATURE OF PARTICIPANT

DATE

Where you matter.

At Health New England, our mission is to improve the health and lives of the people in our communities, and we are deeply committed to the individuals we serve every day. Based in Springfield, Massachusetts, we have been meeting the health care needs of our members for more than 30 years.

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