



The Pedometer

- The pedometer is a small battery powered device that clips to the waist of your pants.
- It counts all the steps you take during the day!
- A fun, easy way to see just how many miles your are walking each day!

How much should I walk?

The recommended number of pedometer steps per day for children aged 6 through 12 is 12,000 steps a day for girls and 15,000 steps a day for boys.

Fun Facts

- 2,000 steps equals 1 mile
- Walking around NPS 3 times equals 1 mile

Safety

Exercise is important, but it is more important to remain safe!

Always ask an adult before going outside for a walk, or better yet, take them with you!

Sources:

<https://kidshealth.org/en/kids/work-it-out.html>

<https://www.care.com/c/stories/10367/why-kids-need-exercise-guide-to-childrens-exercise/>

<https://novakdjokovicfoundation.org/the-benefits-of-walking-for-children/>

Tudor-Locke C, et. al. BMI-Referenced Standards for Recommended Pedometer-Determined Steps/Day in Children. Preventive Medicine. Volume 38, Issue 6, June 2004, Pages 857–864.

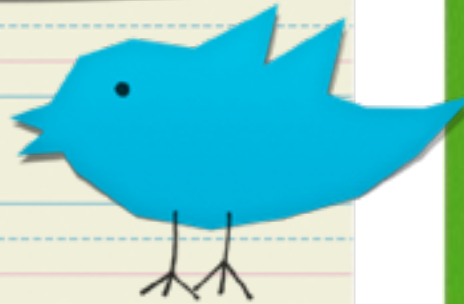


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Let's Walk!





WHY WALKING?

Not sure what to do to get your body moving? Simply WALK!

- Walking is easy! Anyone can do it!
- It's free! It does not cost anything to go for a walk!
- You don't need any equipment to take a walk!
- You can walk anywhere! Inside, outside, around school, at the beach!
- It can be done with friends, family, or a pet!



• It's fun and interesting! When walking you can see, smell and observe things!

• When your walking you can chat with friends, listen to music, or clear your mind.

• It is relaxing! When you need a break it is a great activity.

• It gets your heart pumping!

Why is exercise so important?

- Exercise makes you feel good! It can put you in a better mood. When you start moving, your brain releases endorphins, feel-good chemicals that make you feel happier!
- It is good for your heart! Your heart is a muscle. When you exercise, your heart beats harder too. This gives your heart a workout. It will get even better at its main job – taking oxygen from the air you breathe in and giving it to all your body parts.
- Regular exercise helps to build muscle, strengthen bones and decrease body fat.
- Exercise helps your body to maintain a healthy weight!
- After exercising, you can focus and concentrate better, which helps to get school work done better and faster!
- It helps you to feel more energized so you can do all the things you want to do like hang out with friends!