

2020 Step Challenge

Being active is an important “step” in preventing or managing chronic diseases (high blood pressure, diabetes, etc.). In fact, one study demonstrated that adults who watch more than 4 hours of television per day had an 80% higher risk of death from cardiovascular disease. In June, we are offering a \$25 incentive to record your activity.

How do you get the \$25 incentive? Using a pedometer, track your steps on 12 separate days in the month of June (please submit by 7/15/20).

What is a pedometer? Typically worn on your wrist, clipped to your waist band or carried in your pocket as an app on your phone a pedometer is a device that measures or “counts” your steps. It can be used to measure exercise but more importantly it is a measure of daily activity. While the American Heart Association states the importance of getting 150-minutes of heart pumping cardiovascular exercise each week, it is also important to live an “active” life beyond exercise, i.e. moving more around the office, mowing the lawn or gardening and so on.

Can you participate if you do not have a pedometer? Yes, simply find an alternative way to measure your activity; examples: log your workout (25 minutes on the treadmill or a 30 minute walk or jog) or the “strenuous” activities of daily living such as the aforementioned gardening, mowing your lawn (push mower) or working on a jobsite. However, before you say you do not have a pedometer, check your “smart” phone. Most “smart” phones are equipped with a health app that includes a pedometer and it is already counting your steps whether you want it to or not. I have an iPhone which includes a health app identified by a heart icon and labeled “Health”.

“Steps” to get the \$25 incentive:

- 1) Click [here](#) to download the June Step Challenge Log. If you are unable to download and print the log make your own, I will take it.
- 2) Record your “steps” on 12 separate days and return to me by 7/15/20 via email (good cell phone picture works), mail or fax.
- 3) Although all are encouraged to participate, only one \$25 incentive card can be issued to each member-family with the exception more than one member-employee lives in the household.
- 4) Make monitoring your daily activity a habit, especially if you find your daily “steps” are low and your target is difficult to attain.

How many steps are recommended per day? The arbitrary recommendation is 10,000 steps (approximately 5 miles). For someone working at a desk that may be difficult and for a laborer out on the road, they might get 2.5 times that amount. If your steps are low, work on increasing your daily average, for example, maybe 7,000 is above your average and a more appropriate goal at this time.