

Goal Setting & Incidental Exercise



Although it can be challenging to fit a routine exercise schedule into a hectic life full of work, school and family commitments, it is not necessary to give in to a sedentary lifestyle. Start simple and walk. We walk to some degree each and every day and now is the time to make this activity count for something. Start by wearing a belt pedometer that counts how many steps taken daily. Every time the center of gravity is raised about two inches, the meter on the pedometer “clicks.” Set a goal to achieve 10,000 “clicks” or steps per day. 10,000 steps, or roughly 6 miles worth of incidental exercise, is what is necessary to burn off the energy of a 2200 calorie diet and provide a constant challenge to the cardiovascular system that will maintain a level of fitness.

An added advantage: For those interested in losing weight increase your daily steps to 10,500 or 11,000 while maintaining the same caloric intake.



