

# Keep it Moving!



February is...  
**Wellness**  
—FOR ALL—  
**Month**

*Step up and challenge yourself!*

**CAN YOU TAKE 100,000 STEPS IN A MONTH? YES!**

**You'll need to aim for 3,333 steps per day to achieve this goal.**

## HOW TO TRACK YOUR STEPS:

- **Smartphone apps:** Google Fit (Android), Apple Health (iPhone), Samsung Health, Pacer.
- **Fitness trackers:** Fitbit, Garmin, Apple Watch, or any pedometer.

## BENEFITS OF A 100,000-STEP CHALLENGE:

- **Increased physical activity:** Walking this many steps significantly boosts your daily movement, improving cardiovascular health and overall fitness.
- **Weight management:** Regular walking can contribute to calorie burning and weight loss efforts.
- **Mental well-being:** Walking can help reduce stress, improve mood, and enhance sleep quality.

## HOW TO APPROACH THE CHALLENGE:

- **Start gradually:** If you're new to walking, begin with shorter distances and gradually increase your daily step count over time.
- **Incorporate walking into your routine:** Take the stairs, park further away, walk during your lunch break, or add short walking sessions throughout the day.
- **Find a walking buddy:** Having someone to walk with can help you stay motivated and accountable.
- **Set realistic goals:** Break down the monthly goal into smaller daily targets to track progress and stay on track.