

Month _____ My goal for this month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Walking can help boost your health, be active every day!

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Walk On can be your first step to a healthier you!



www.eatwellgetfitlivelife.ca

The poster features a blue and green wavy background. At the top, there is a silhouette of a person walking. Below this, the text "Walk On" is written in a large, bold, black font, followed by "Be active every day" in a smaller, black font. The background of the poster shows a pair of white athletic shoes, one in the foreground and one slightly behind it, set against a light blue background.

A Quick Guide to Goal Setting

To reach your goal, start slowly and increase your number of daily steps by 500 each week. Recording your steps can allow you to see your progress and keep you motivated.

500 steps



5 minutes
of walking

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At my Walk On site _____ laps = 1 mile = 2112 steps.

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Walk 30 to 60 minutes every day to feel good
and reduce your risk of disease.

Daily Step Goal for Health Benefits

Adults = 10,000 steps

Older Adults = 7,000 to 10,000 steps

Chronic health condition = 4,000 to 7,000 steps

2112 steps



1 mile

1320 steps



1 km

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Add in stairs or hills to increase the intensity and benefits of your walk.

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Increase your distance, walk regularly to burn calories,
maintain flexibility, and increase strength.