

Kingston
Gets
ACTIVE
every day - your way!



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Start Stepping!

Goal Setting

Start slowly, increasing your number of daily steps by 500 each week. Record your steps to keep motivated and check your progress.

Step it up...

To add to the intensity of your walk, add stairs or hills. It's recommended that adults get 150 minutes/week of aerobic physical activity; more leads to even greater health benefits.

Recommended Daily Steps Goal

	Steps
Adults	10,000
Older Adults	7,000-10,000
Chronic health cond.	4,000-7,000
500 steps = 5 minutes of walking	
2112 steps = 1 mile	
1320 steps = 1 kilometre	

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