

# 10,000 STEPS A DAY FOR GOOD HEALTH

## 10,000 STEPS IS A BASIC HEALTH REQUIREMENT

The NHS has a fantastic 10,000 steps a day challenge for proven health benefits. Did you know that if you sit for extended periods, you may only average 1,000 to 3,000 steps a day? 40 years ago in Japan the idea was developed that walking 10,000 steps a day will help you keep fit and healthy so ideally, between the first reluctant steps to the bathroom in the morning, to the last few as we crawl into bed, we should have walked 10,000 steps, which is roughly 5 miles (8km).

Ok, miles and kilometres make it sound a little scary so how about turning 10,000 steps into time. 1km takes about 10 minutes at a decent pace, so one can easily walk a bit slower and still do a kilometre in 15 minutes. So, you could walk your whole 10,000 steps well within 2 hours. (We suggest nearer 1 hour 15 minutes).

**“Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier” - NHS**

## THE HEALTH BENEFITS OF A DAILY WALK

**A stronger heart** – If you get in 10,000 steps a day will have a bigger stroke volume (how much blood the heart pumps per beat). A larger stroke volume is a sign of greater aerobic capacity, a big predictor of disease risk.

**A more rugged metabolism** – When you exercise regularly the food you eat is used differently by the body to fuel key systems compared with an inactive person. You burn more calories, more efficiently even at rest too!

**More stable blood sugar** – If you get your 10,000 steps a day you will have a lower glucose and insulin response in your blood after a meal compared to an inactive person. That surge of glucose and insulin after a meal is a predictor of who may develop diabetes and heart disease.

**A more balanced, happier you** – Activity is proven to improve our mood. It delivers consistent and positive impacts on our mental health. Studies show that walking naturally boosts our mood – even when it’s mundane. 10,000 steps a day keeps the blues away!

### At a Glance....

- Taking 10,000 steps a day is a basic requirement for good health
- It can take as little as 1 hour 15 mins
- You don't have to do it all in one go
- It counteracts the effects of too much sitting
- The health benefits (to our mental and physical health) are proven
- It can reduce our stress levels and prevent diabetes

