

# 10,000 Steps

Now, a Health Minute.

Whether you are just starting an activity routine, or have been exercising regularly for years, setting a goal of 10,000 steps a day may be one way to stay motivated and measure your success.

On a normal day, most people take anywhere from 900 to 3000 steps just following their normal routine.

Use a pedometer or fitness tracker to count the number of steps you take each day.

Then think about ways to add steps until you gradually get to 10,000 or more.

Depending on your weight and overall health, completing an extra 10,000 steps each day burns between 2000 and 3500 calories each week. 3500 calories equals 1 pound.

Taking these extra steps can help you reach your weight loss goals.

If you are starting a new exercise routine, talk to your healthcare provider to set your step goals today.