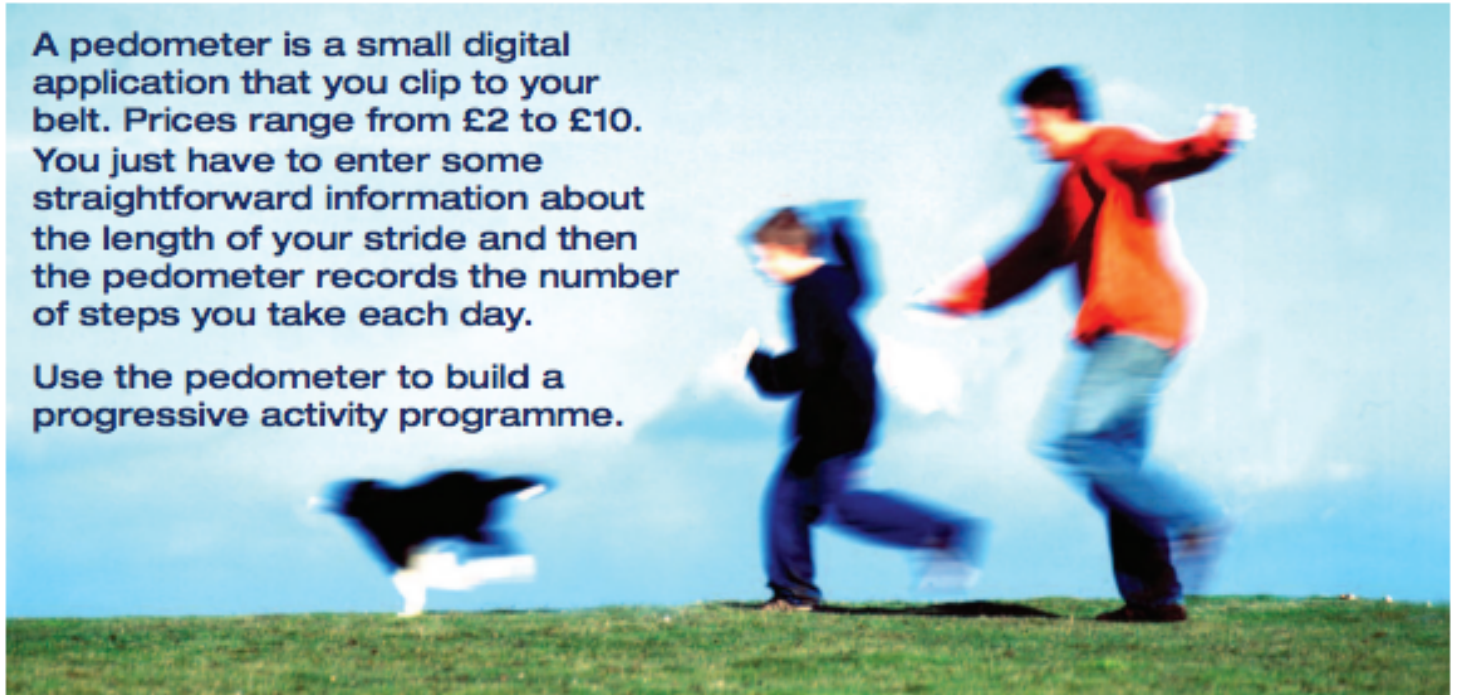


Exercise

Pedometers

A pedometer is a small digital application that you clip to your belt. Prices range from £2 to £10. You just have to enter some straightforward information about the length of your stride and then the pedometer records the number of steps you take each day.

Use the pedometer to build a progressive activity programme.



In order to improve your health you should plan how you increase your activity levels over time. Try the following targets for steps per day each week:

- Week 1 - 5,000
- Week 2 - 6,500
- Week 3 - 8,000
- Week 4 - 9,000
- Week 5 - 10,000
- Week 6 - 11,000
- Week 7 - 12,000
- Week 8 - 13,000

It encourages you to make a realistic and progressive increase in the average number of steps you take each week. The pedometer is your personal measuring tool for becoming fitter.

Walking is good for your health

According to the British Heart Foundation, 37% of coronary heart disease deaths are directly related to insufficient physical activity. Despite this fact, most of us find any excuse not to exercise.

Walking is a relaxing and enjoyable way to keep healthy and, as it requires no equipment or expense, is the perfect way to get more exercise. Apart from coronary heart disease, regular walking can also reduce the risks of developing other health conditions such as Type II Diabetes, high blood pressure, osteoporosis and anxiety.

Wearing a pedometer will help motivate you to slowly increase the number of steps you take.

The recommended guidelines are that you should be taking a minimum of 10,000 steps per day. Evidence suggests that most people are only taking between three and four thousand steps per day.

Every step counts when it comes to improving the nation's heart health.

Professor Sir Charles George from the British Heart Foundation explained: "Current trends show that people are taking less and less physical activity. The pedometer is a good way to see how easy it is to fit extra walking into your life and improve your heart health. I have tried the pedometer myself and found that I increased my walking by 50% every week".

