

# ■ track your steps...

During the first week of the N-Lighten Nebraska program, don't make any changes in your normal routine. Use the pedometer to track the steps you take each day. Remember to reset your pedometer to 0 at the end of each day or in the morning before you clip it on.

## set your goal

If you are below an average of 10,000 steps or if your goal is 12,000 to 15,000 steps for substantial weight loss, it is suggested that you work on increasing your steps in small, achievable increments. Most people find it manageable to increase their steps by 20 percent per week. Divide the total steps you took the previous week by 7. Now, multiply that number by 1.2. That is your new target for the upcoming week.

Track your steps with a pedometer and increase each week by 20 percent until you reach your overall goal of 10,000 steps or 12,000 to 15,000 steps for weight loss.

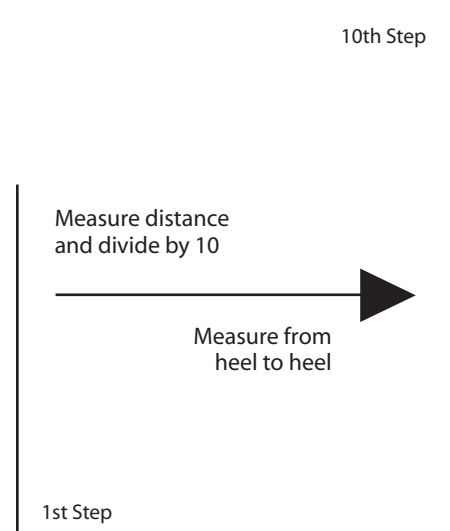
## tips for increasing steps

**Do you have a particular day of the week that has a low number of steps? Try these tips:**

- Give up 30 minutes of television and go for a walk.
- Park at the outer edges of parking lots instead of as close as possible to stores.
- Get up and walk during television commercials.
- Pace while you have phone conversations. In a five-minute conversation, you can add about 100 steps.
- Take stairs instead of elevators or escalators.
- Walk and talk with friends and family instead of sitting and talking.
- Use part of every break or lunch time to add a few steps to your day

## Distance reporting

Everyone has a different step length or stride. So, when tracking the distance a person moves each day for health and weight loss, it is best to count steps. You will need to measure your stride and convert the steps you take into miles each month and report that number to your team captain.



## Measure your stride

For an accurate stride measurement you should measure at least 10 steps. Do this by completing the following:

1. Mark a spot on the ground or on the floor. (You can use a piece of string for this purpose.)
2. Place the heel of one foot against the string and take 10 steps. Use a second piece of string and place it behind the heel of the foot that took the 10th step.
3. Measure the distance between the two pieces of string in inches. Now, divide the number of inches by 10. This is your step length.

# ...more tracking

## Converting steps into miles

The chart at right shows the number of steps it takes for various step lengths to walk a mile.

## Report your distance

1. Add up the total number of steps you have taken in a month.
2. Find your step length on the chart above and the number of steps in a mile.
3. Divide the total number of steps you have taken by the number of steps in a mile for your step length (a calculator will help.)
4. Log your progress online at [N-LightenNebraska.com](http://N-LightenNebraska.com), or report your points to the team captain.

## order a pedometer

To order pedometers go to [N-LightenNebraska.com](http://N-LightenNebraska.com) or email [info@n-lightennebraska.com](mailto:info@n-lightennebraska.com)

Step length in inches	# of steps in 1 mile
15	4,224
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864
35	1,810
36	1,760

