

Step into Health!

Office of Healthy Schools
Mississippi Department of Education

Ask a co-worker, "Did you walk 10,000 steps today?"

30 minutes a day!

The U. S. Surgeon General recommends that adults get at least 30 minutes of exercise on five or more days a week. The 30 minutes can be broken up into smaller 10 minute periods.



Walking instead of riding to lunch or meetings can energize and refresh plus, you don't have to worry about parking!



Count your steps!

A daily "step" goal of 10,000 steps will mean you have walked about five miles. A pedometer can help you count your steps each day.

Look & feel better!



Walking in the afternoons is not only good for your health but also allows time together as a family.

Increasing physical activity each day can lower the health risk from chronic conditions including obesity, hypertension, heart disease, stroke, diabetes and even some cancers. People who walk regularly often feel better!



Walking the dog is a great way to make sure you have walked your 10,000 steps each day.