

10,000 Steps A Day: How to Walk Your Way Into Physical Fitness

By Raven Lolia



As a bedside nurse, the one thing you can be sure of is that I will have a smartwatch on my wrist. With that watch and even the health apps on my phone, I can track my workouts in real time. This also includes my steps per day. Like most nurses, my shifts would consist of 12-14 hours of being on my feet. Depending on the size of the facility, just the walk from the parking lot or garage to the assigned unit can take upwards of 10-15 minutes. According to my smartwatch, at the end of 12 hours, I average 14,000 steps.

But what if you are not a nurse or healthcare worker required to walk for long periods? Not to worry.

By changing your perception and mindset, you can accomplish those same results. Walking is an effective method for cardiovascular exercise. So, shouldn't you set a goal for yourself? Walking 10,000 a day can also help keep weight levels down.

How can you make it happen? Think of small goals. For example, the average person can walk about 3,000 steps in 30 minutes. Now, where might you spend 30 minutes just walking? The mall, the grocery store, or an amusement park? Walking doesn't have to be a chore. Find enjoyable and interactive activities you can naturally incorporate into your fitness goals.

Some other creative ways to get your steps in:

- Buying a small stair stepper to use at home.
- Dog walking as a side hustle or walking your pet.
- Joining an aerobics or step class.
- Visiting attractions such as the zoo, art galleries, or museums.
- Ballroom or other dance classes with a partner.

Remember, time flies when you're having fun too! So 30 minutes can quickly turn into an hour and 40 minutes, allowing you to reach your goal of 10,000 steps daily. Take a buddy with you for even more fun. Isn't it worth a try? If you think so, then get to steppin!

References:

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