

# STEPS TO HEALTH – CELEBRATE STEPTEMBER!



Get A Life! wants you to join us in celebrating **STEP**tember. September has been named the month of STEPtember by *America on the Move*, a national organization dedicated to promoting active living and healthy eating.

The goals of STEPtember are simple steps on the way to better health:

- Increase your physical activity by **2,000 steps** (or the equivalent) each day.
- Decrease the amount you eat by **100 calories** each day.

Frequently asked questions:

## How do I add 2,000 steps to my day?

2,000 steps is about 1 mile. You can add up the steps throughout your day in simple ways such as taking the stairs, parking farther away, and taking 2-minute walk breaks. You will get even more health benefits by walking a mile briskly, in about 15-20 minutes.

## How do I eat 100 calories fewer each day?

An easy way to cut a few calories is to control your portion sizes. Resist the urge to value size, and stop eating before you feel full. Also, limit foods and drinks that have added sugars or fat. Fill your plate with fruits and vegetables, and watch calories from sauces or dressings.

## Where can I get a step counter?

A step counter can be purchased at any store with a sporting goods or fitness department. They are inexpensive and easy to use. Step counters are a good way to count the extra physical activity you add to your day, especially if you don't want to do your activity all at once. You can also purchase step counters from **[www.americaonthemove.org](http://www.americaonthemove.org)**.

We encourage everyone...  
families, worksites, schools, churches and organizations...  
to join us in celebrating STEPtember.

Take small steps toward health every day!

Register for the *America on the Move* campaign as an individual or group (school, worksite, organization, or family) by visiting [www.americaonthemove.org](http://www.americaonthemove.org). Use the log sheet on the next page to help you track your steps to health.

Learn more at [www.kidsgetalife.org](http://www.kidsgetalife.org).

Created by Heather Chambliss, PhD - DeSoto County Community Health Council



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- Increase physical activity by 2,000 steps (or the equivalent) each day.
- Decrease the amount you eat by 100 calories each day.

Pick at least **ONE WEEK** this month to celebrate STEPtember. Post this log sheet on your refrigerator or another place to remind you of your healthy steps. Put a check (✓) in the box each day you add physical activity equal to 2,000 steps (~15-30 minutes of added walking) and/or eat 100 fewer calories. Fill out your log each day.

*To get 2,000 extra steps, add 15-30 minutes of moderate intensity physical activity such as:*

- *Brisk walking*
- *Soccer, baseball, or volleyball*
- *Heavy housework*
- *Gardening*

Day	Date Notes	<u>Physical Activity</u>	<u>Healthy Eating</u>	
		Added 2,000 Steps (~15 min)	Ate 100 Fewer Calories	
Monday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Tuesday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Wednesday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Thursday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Friday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Saturday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sunday	9/_____	<input type="checkbox"/>	<input type="checkbox"/>	_____

Visit *Get a Life!* at [www.kidsgetalife.org](http://www.kidsgetalife.org) and [www.americaonthemove.org](http://www.americaonthemove.org) for more information.



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