

## **Week Ten:**

### **Success Strategy**

Until now we've focused on carving out a block of time to workout each day. This week we begin to change our focus to making activity a part of our lives. The challenge is to get 10,000 steps per day - WOW. Read this week's training strategy for more information about how to make this happen.

Not convinced that you need to move, go to

[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Physical-activity-improves-quality-of-life\\_UCM\\_307977\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp) to learn more about the benefits of being physically active.

## **Week Ten:**

### **Nutrition Strategy: Keep Planning**

We are a work in progress. Go back to the first week where you learned how to create a meal plan and ensure that you are still following the guidelines of creating a good plan. Following are the guidelines for you to review.

- Take into account social obligations and the amount of time you have to prepare meals in the evening. If you get home at 5:30, it can only take you no longer than one hour to prepare dinner. A great way to save time is to use crock pot (slow cooker) meals.
- Plan to eat every 3 – 4 hours to avoid hunger; hunger leads to poor decisions.
- Plan to eat last meal at least 3 hours before bed time. Strategy to make it happen: avoid starches at dinner (bread, rice, pasta, potatoes, cereals). Exercise 15 minutes one hour after eating (i.e. – walk or stretches).

## **Week Ten:**

### **Training Strategy: 10,000 Steps**

Your training strategy this week is to get in 10,000 steps per day. You will continue to train 5 days per week using the training plan from last week and will focus on trying to burn calories every chance you get to log 10,000 steps per day. 10,000 steps per day is equal to approximately 500 extra calories burned each day. By the end of the week you reach the magic number - 3500 calories (this equals 1 pound per week).

Being more aware of your activity each day by using a pedometer is the best way I have found to help keep you active throughout the day. I can tell when I don't wear my pedometer my legs hurt all over. This happens when I am not moving enough and getting in less than 2,000 steps per day (which is the daily average for Americans). When I get in 10,000 steps, I wake up refreshed and my legs, hips and back feel great. The side benefit is that it is easier to maintain my weight.

There are many varieties of pedometers ranging from \$5 to over \$100. The cheaper ones are just that – cheap – they reset when you bump them and fall off of your waist band; the expensive pedometers will calculate your calories burned and some have GPS monitors built in. Personally Fit has what we think is the perfect starter pedometer! It costs \$30; it is easy to use, has two attachments so it won't fall off when you go to the bathroom and has a cover so it doesn't reset when you bump it.

I have found this to be the least expensive, easiest to use and most effective motivational tool to date! Pick up your pedometer today and start tracking your steps for success.

Dawn