10,000 Steps Walking Program

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Objectives

At the end of this session, participants will be able to:

- List benefits of walking
- Describe the 10,000 Steps® Program
- Enroll in 10,000 Steps® or begin their own walking program
Current Health Status of U.S. Population

66.3% of adults 20 years & above are overweight or obese

32% of the population has high blood pressure

40% of the population is sedentary

7% of the population is Diabetic
Benefits of Walking

- Relieves stress
- Improves and maintains muscular strength and endurance
- Reduces your lifetime risk of chronic health conditions: obesity, heart attack, diabetes, hypertension, high blood cholesterol
- Promotes bone mass growth and maintenance
- Improves body composition and helps maintain weight by burning excess calories

Reduces your lifetime risk of chronic health conditions: obesity, heart attack, diabetes, hypertension, high blood cholesterol.
Healthy People 2010 recommends at least 30 minutes of moderate physical activity 5 or more days per week.
Fitness Guidelines

Chronic Disease: 30 minutes daily
Gradual Weight Gain: 60 minutes on most days
Sustained Loss: 60 to 90 minutes daily

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate.
Charles M. Schulz
Dog Walking and Physical Activity in the United States


National Household Travel Survey asked about dog walking

- 65 million U.S. households with dogs; 39% of households have at least 1 dog
- 25-40% of dogs are overweight or obese
Walking Assessment

• When was the last time you took a long walk?

• When was the last time you avoided the elevator and took the steps instead?

• Look at your shoes. How many steps/miles do you think you have accumulated on them?
Walking & Weight Management

- 154 lb person walking at 3.5 MPH will burn 280 calories in one hour
- 154 lb person walking at 4.5 MPH will burn 460 calories in one hour
- Take the stairs instead of the elevator
  - 5 minutes/day over one week (150lb) = 149 extra calories burned
- How many calories are burned walking one mile?
  - This will vary depending on the individual, speed walked, terrain, etc. An average is 100 calories per mile.
10,000 Steps® Program

- Easy-to-use walking program
- Cardiovascular health and weight management
- Goal is to walk 10,000 steps EACH DAY
How 10,000 Steps® Works

- Online program
- Use pedometer to track steps
- Record steps online
- Set personal goals and monitor progress
- Choose program options:
  - Lose Weight Edition
  - Feel Great Edition
- Receive motivational e-mails, tips, and healthy meal ideas
- Access site after program completion, for free
Enrolling in 10,000 Steps®

Step 1: Obtain a pedometer
Step 2: Log onto: www.kp.org/10000steps
Step 3: Register
Step 4: Pay enrollment fee*
   *Kaiser Permanente member discount rate is $15
Step 5: Begin to track steps with pedometer, set goals, etc.
10,000 Steps® Program
Count on Feeling Great!

A new way to be active for life!

Simple and fun, our 10,000 Steps program is a surefire way to boost your activity. Join now — you'll discover the secrets to fit steps into your already busy days.

Choose your path!

Lose Weight or simply Feel Great! Join Now! and start stepping today.
Walking: Establishing a Healthy Habit

- Walking is one of the easiest ways to get the exercise you need to stay healthy.

- You always have time to incorporate more steps in your day.

- After you've made walking a habit, set a longer-term goal.
How do I achieve 10,000 steps each day?

• Walk during your lunch break.
• Take the stairs instead of the elevator.
• Walk your dog or walk near your home.
• Park farther when you go shopping.
• Participate in a community event (5K, half marathon, etc.)
• Set a personal plan.
Upcoming Community Event

What: City of Cypress 5K & 10K Run/Walk
When: Saturday June 23, 2011
Where: Cypress Civic Center (free parking)
5275 Orange Ave. Cypress, CA
Source: active.com
Setting a Personal Plan

- You can do the 10,000 Steps® Program on your own
- You can do your own walking program at home or at work
- Set realistic goals
- Wear your pedometer as much as possible (get used to wearing it)
- Track your baseline and progress
- Partner with someone or create a walking team
- Plan for barriers and challenges
- Reward yourself
Getting Started

• Obtain a pedometer

• Use step log provided (or create your own)

• How much is 10,000 steps?
  
  ▪ 2000 Steps = 1 mile (for most people, everyone has different stride, etc.)
  
  ▪ 10,000 Steps = 5 miles (approximately)
  
  ▪ 10,000 Steps = 500 calories burned a day (approximately)
WALK ACROSS AMERICA WITH KAISER PERMANENTE

[Map showing the United States with states marked and a network of connections]
# Milestones

<table>
<thead>
<tr>
<th>Team of</th>
<th>Steps Per Person</th>
<th>Total Steps Per Team</th>
<th>Milestone</th>
<th>States to Walk Across</th>
<th>Estimated Time</th>
</tr>
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<tbody>
<tr>
<td>5</td>
<td>41,000</td>
<td>205000</td>
<td>1</td>
<td>Reno, Nevada</td>
<td>4 days</td>
</tr>
<tr>
<td>5</td>
<td>103,800</td>
<td>519000</td>
<td>2</td>
<td>Salt Lake City, Utah</td>
<td>10 days</td>
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<tr>
<td>5</td>
<td>106,600</td>
<td>533000</td>
<td>3</td>
<td>Denver, Colorado</td>
<td>11 days</td>
</tr>
<tr>
<td>5</td>
<td>108,000</td>
<td>540000</td>
<td>4</td>
<td>Topeka, Kansas</td>
<td>11 days</td>
</tr>
<tr>
<td>5</td>
<td>62,200</td>
<td>311000</td>
<td>5</td>
<td>St. Louis, Missouri</td>
<td>6 days</td>
</tr>
<tr>
<td>5</td>
<td>59,400</td>
<td>297000</td>
<td>6</td>
<td>Chicago, Illinois</td>
<td>6 days</td>
</tr>
<tr>
<td>5</td>
<td>71,400</td>
<td>357000</td>
<td>7</td>
<td>Columbus, Ohio</td>
<td>7 days</td>
</tr>
<tr>
<td>5</td>
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<td>185000</td>
<td>8</td>
<td>Pittsburgh, Pennsylvania</td>
<td>4 days</td>
</tr>
<tr>
<td>5</td>
<td>49,200</td>
<td>246000</td>
<td>9</td>
<td>Washington, D.C.</td>
<td>5 days</td>
</tr>
<tr>
<td>5</td>
<td>34,800</td>
<td>174000</td>
<td>10</td>
<td>Atlantic City, New Jersey</td>
<td>4 days</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>3367000</td>
<td></td>
<td>Congratulations! You did it!</td>
<td>10 weeks</td>
</tr>
</tbody>
</table>
RULES

Track your steps on a daily basis
Adding or dropping team members
Total steps per team recalculation
Report arrival to each milestone to TEAM LEADER
Each team’s progress will be posted on the website
The first team to reach Atlantic City New Jersey Wins!
HAVE FUN!
Healthy Living Programs

Health Classes

To register, call: (866) 402-4320
OR  www.kp.org/healthyliving

- Weight management
- Stress management
- Meditation 101
- Yoga
- Tai Chi
Healthy Living Programs

**On-line Health Programs**
www.kp.org/healthylifestyles
- HealthMedia Succeed®
- Balance®
- Nourish®
- Healthy Recipes

**On-line Discounts**
www.kp.org/healthyroads
- Fitness Club
- Acupuncture
- Massage Therapy