

# 10,000 steps

Recently I purchased a pedometer. According to a large amount of literature, a person should try to walk 10,000 steps per day to stay healthy. That is roughly 5 miles per day. Now I thought I walked a lot every day, but apparently I'm not reaching my 10,000 steps.

If I attach the pedometer first thing in the morning, I will have 300+ steps by the time I reach my desk at work. I could try to add to that by parking farther from the door, but our parking lot is only so big. By going to get coffee, or walking to someones desk instead of e-mailing or using the phone, I can have 1,000+ steps by lunch time. That will give me around 3,000 steps when I head to my car in the evening. Only 7,000 steps to go...

I've been walking at lunch for about 20-30 minutes and that adds about 2,000 to 2,500 steps to my daily count. So only 4,500 steps left. On most days, this is almost all the steps that get counted. Even roaming through the Walmart store, or other shopping that I do, only add about 1,000 steps. Making dinner, catching up with the things I have to do at home maybe 1,000 more. So I've usually been 2,000+ steps shy of 10,000 every evening. I guess I could do less internet surfing and reading during the evening hours, but that is how I relax after the day. I'm not big on doing the exercise bit, never have been, and even though I know it would be good for me, I resist. I guess I will have to see how many steps I get when I do things like cut wood this winter. I always thought that was good exercise when I did it, but I never knew how much I walked to get the wood back to the house. I will find out soon enough...

Today there are no worries about getting my 10,000 steps in. I almost accomplished that at work today. In our work move, some of the extra furniture was stored in two meeting rooms. Today

was the day to get 1 of those rooms in order. So, by moving stuff from one place to another I managed to hit 7,000 steps by 12:00 pm today. With all of the other walking I did, I only have 500 to hit the magic 10,000 mark. And since I'm in a play, I guess I will be adding some daily pacing to my other walking activities.

Oh well, I need to be off to pick up my youngest. A few more steps out to the truck...