Daily steps action checklist

Use these actions to set a realistic daily step goal and build up to it gradually.

- [ ] Check the current daily step count on a phone or tracker before setting a goal.
- [ ] Aim for about 7,000 steps a day, or 6,000 to 8,000 steps for adults aged 60 and over.
- [ ] Increase walking distance gradually when starting from a low step count.
- [ ] Walk part of the commute or the trip to the shops.
- [ ] Take the stairs instead of the lift.
- [ ] Take a 10-minute walk during the lunch break.
- [ ] Walk with a friend, family member or dog after dinner.
- [ ] Use the talk test to find a brisk pace: able to talk, not able to sing.
- [ ] Pair daily steps with lower calorie intake when the goal is weight loss.
- [ ] Stop walking and speak to a doctor about chest pain, trouble breathing or dizziness.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/fitness/how-many-steps-a-day/