Get ready for the Ottawa Health Promotion Pedometer Challenge 2018!

Here’s some useful tips to safely progress to 10,000 steps prior the challenge:

- If you have any health problem or suffer from a past or current injury we strongly recommend to consult your physician or Medical Officer (MO) to confirm that there is no health risks by increasing your level of physical activity.

- Increase your number of steps progressively. Start by finding your daily baseline step count. Then in the following weeks before the challenge gradually increase your daily steps to ensure a safe progression and decrease risk of injury. A good progression rate will be 10% more than your baseline per week.

Example:
Baseline = 5000 steps/day.
Week 1: baseline +10% = 5000 + 500 = 5500 steps/day
Week 2: 5500 + 10% = 5500 + 550 = 6050 steps/day
Week 3: 6050 + 10% = 6050 + 605 = 6655 steps/day
Week 4: 6655 + 10% = 6655 + 665 = 7320 steps/day

- End your day or walking session with some static stretches to decrease perceived stiffness in different joints and muscles engaged in walking (see 8 minutes stretching program on HP website). Below is a simple stretching routine that covers the major walking/running muscles. Hold each stretch for 30 seconds, each side. Do this after your workout.