

Zero Weight Gain

HOLIDAY CHALLENGE



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Peter and His Pedometer

Tracking Your Activity Keeps You Motivated

Peter was trying to keep the weight off during the holiday season. He knew that walking more was a good way to get some exercise in. Previously he had tried to run or go to the gym, but he often got hurt and ended up quitting. This time he decided that he was just going to walk. He needed something to keep him motivated so he chose to wear a pedometer to keep track of his steps.

For one week Peter just did his regular activity to see how many steps he already did. Walking around the house before work, he did about 1,000 steps without any effort. However once he got to work, he barely added 600 steps all day. Then after work, he only did about 1,500 more. Certainly not the 10,000 steps recommended by fitness experts.

So Peter decided that he needed to add some steps both at work and at home. He knew going up to 10,000 all at once might be too much to expect, but he knew he could work up to it gradually.

First, he started parking as far away from the door at work as he could. Then the next week he switched to taking the stairs to get to his office and quit using the elevator. He also started walking down the hall to



Peter knew he would walk more often if he used his pedometer and exercised with others.

get a drink of water several times a day. He even went to another floor to use the restroom. When he needed to talk to his boss or co-workers, he walked down to see them instead of emailing them or calling them on the phone.

These little changes made a difference, but they were not enough. So he decided to walk twice a day during his 15 minute break. He recruited two of his co-workers, Jeff and Irene to do it with him. Some days they just walked around the parking lot, but other times they ventured down the street. Peter noticed doing this helped to relieve stress and made him less tired mid-afternoon.

Some apps can also track your activity.

Pedometer ...



He was getting closer to his 10,000 steps, but he needed more. Going out to lunch was pretty time consuming so he decided to

bring his lunch three times per week so he could add a 20 minute walk at lunch. This added nearly 3,000 steps! He was feeling better and better.

Then he decided that to get over the final hump, he needed to add a walk at home after work. Again he recruited an exercise partner – his daughter, Julie. Together they walked for a half hour around the neighborhood. It was a great time to catch up with each other and share what

happened each day. When the weather was bad, they decided to go to a local gym to walk on the treadmills or work out on other exercise machines.

Working out together really became a part of their lives. Hitting 10,000 steps became routine.



So what did Peter discover once New Year's arrived? Not only had he kept from gaining weight, but he managed to lose two pounds! That had never happened before. He knew he could keep going if he put his mind to it. His New Year's resolution was now to continue

walking to improve his health and possibly lose some more weight. He



might even make some more changes to his eating habits. Surely if he could do it over the holidays, he was bound to be successful the rest of the year.



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