



My10kLife Tips for Success

At LurraLife physical activity is a key part of a happy, healthy life. Not only can it make you feel happier and lose weight, regular physical activity also has proven benefits for the body and brain and can improve your health and quality of life.

Increasing your daily steps is a simple, effective way to regularly add more physical activity to your routine. Plus, walking is a form of exercise that's available to most people. It can be done almost anywhere and without any special equipment (other than shoes).



There are lots of ways to get more steps in your daily life. Check out the fun and easy ideas listed below. By consistently moving a little more each day – combined with a health-conscious diet and natural supplements – you'll experience a real positive difference in your life.

Ways to Get More Steps Every Day

- Jog in place as soon as you wake up.
- Go for a morning stroll.
- March in place while brushing your teeth.
- Walk to work, school, or the store.
- Park farther away.
- Get a standing desk or treadmill desk.
- Set an hourly alarm to remind you to move.
- Start a walking group with co-workers or neighbors.
- Take the long way around.
- Go for a walk during your lunch break.
- Pace while you wait.
- Have a walking meeting.
- Take the stairs.
- Walk over to somebody instead of calling or emailing them.
- Take a moving break.
- Pace during phone calls and TV shows.
- Get off the bus or train 1 or 2 stops early.
- Take a family walk after dinner.
- Stand while playing video games or browsing social media.
- Take a dog for a walk.
- Go for a hike or on a walking date.

Other Tips to Ensure Success

- Get supportive walking/running shoes.
- Track your steps with a pedometer or app.
- Listen to music or podcasts.
- Partner with a friend or family member.
- Make a plan, schedule it, and be consistent.
- Set goals and create accountability.
- Celebrate your wins – big and small!
- Participate in My10kLife challenges.

The 10,000 Steps Daily Goal

A My10kLife is an active life.
10k stands for 10,000 daily steps.

As part of a healthy, active lifestyle, we encourage our members to take 10,000 steps every day. However, this is meant to be a guiding value, not a prescriptive one. The 10,000 steps daily goal is widely considered a reasonable target for healthy adults but is not universally appropriate for all ages and levels of physical function. So, it's important to keep the bigger picture in mind: Being MORE active matters more than any number.

According to recent studies, the average American only gets 3,000 to 4,000 steps through general daily action, including walking, working, running errands, playing, etc. That's very concerning given that fewer than 5,000 steps a day is considered sedentary. So, for most people, increasing their daily steps will be a big boost in the right direction. But adding any physical activity to your regular routine can be beneficial.



The intent is to be more aware of your activity level and increase it as needed. Every person is different, so it is important to set a goal that's right for you. We recommend spending a few weeks tracking your daily steps to figure out your baseline number, then gradually increasing your activity week by week.

For example, depending on your current activity level, try to add 500 to 1,000 more steps to your daily routine every two weeks until you hit 10,000 steps a day (or a daily steps goal that is appropriate for you). If you're already walking over 10,000 steps a day, or if you're somewhat active but trying to lose weight, you'll may want to set a higher daily steps goal.

But what if you don't meet your goal? Don't be discouraged. Go easy on yourself. Establishing new habits can be hard and can take time. And remember, physical activity should be motivating and enjoyable, not harmful and stressful. So, if you need to, just adjust your goal or rework your plan. Also, be sure to celebrate all your wins...small and big!

DISCLAIMER: This information is intended for generally healthy adults. Before starting a new fitness program, always consult your doctor if you have any health concerns.