



## What are the benefits of walking with my child?

- ✕ Boosts energy levels and improves mood
- ✕ Reduces risk of chronic diseases
- ✕ Reduces stress and tension
- ✕ Improves balance, flexibility, and blood circulation
- ✕ Improves sleep
- ✕ Assists in weight management
- ✕ Increases muscle and bone mass
- ✕ Healthy bonding time with your child!

## How much do I walk?

Using a pedometer like the one pictured is an easy way to keep track of your steps.

Compare your number of steps to the guideline below to discover your activity level.



Then what?  
Try challenging you and your child to get more steps into your days!



## What is my activity level?

Compare your step count to this guideline to find out.

### Sedentary

less than 5,000 steps per day

### Low Active

5,000 to 7,499 steps per day

### Somewhat Active

7,500 to 9,999 steps per day

### Active

more than 10,000 steps per day

### Highly Active

more than 12,500 steps per day