Taking Steps
As Americans, most of our lives are built around eating quickly, driving cars, and spending free time watching TV or on the computer. For most people, a vigorous workout schedule and restrictive diet is not realistic, so we have to focus on the small changes that we can make in our lives to become healthier! People may find it difficult to be physically active if they think of it as a “chore,” as opposed to something that they would naturally do every day. This month’s community activity can help change your community’s attitude toward physical activity because it shows that small steps can add up to a lot of activity over one month!

Your club may encourage your community to create small teams of people to compete to see how many steps they can take in one month. The teams can be formed from local businesses and other establishments in your community. Each team member can get their own pedometer and the team can total their steps at the end of the month. As an incentive, the team with the most steps could be offered an award to hang in their establishment, or coupons to grocery stores or physical fitness stores in your community. Your club might want to ask local businesses for donations in support of the activity.

After the month is complete, your club might want to send out a small survey to the participating teams asking them about their experience. Your club can collect the results of the survey and discuss them at a meeting after the challenge. Here are some questions that you might include on the survey:

- Have your views about physical activity changed after this month? If yes, how?
- What changes did you make to increase your amount of daily steps?
- Were some of the changes that you made easy to incorporate in your day? Why?
- Were you able to include your family or friends into your plan for increasing your daily steps?
- Were your family and friends supportive during the month? If yes, how did that affect you?

(Source: www.smallstep.gov)