

# ACTIVE APRIL

**1** Taking less than 4,000 steps a day is considered a low level of activity

**2** Taking 7,000 steps a day can lower mortality risk by up to 70%

**3** Increasing your steps by 5 to 10% each week can help you sustainably increase your movement

**4** Walking 10,000 steps covers about 5 miles

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## WALKING GOALS TO USE AS INSPIRATION

**1**  
WALK  
AROUND THE  
BLOCK 2X

**2**  
WALK WITH  
A FRIEND

**3**  
WALK 5,000  
STEPS

**6**  
WALK ON  
10 MINUTE  
BREAK

**7**  
WALK 6,000  
STEPS

**8**  
WALK 1 MILE

**9**  
WALK A NEW  
TRAIL

**10**  
WALK 7,000  
STEPS

**13**  
WALK FOR  
20 MINUTES

**14**  
WALK AFTER  
A MEAL

**15**  
WALK OVER  
A BRIDGE

**16**  
WALK 8,000  
STEPS

**17**  
WALK 2  
MILES

**20**  
WALK ON  
LUNCH BREAK

**21**  
TAKE THE  
STAIRS

**22**  
WALK FOR  
30 MINUTES

**23**  
WALK TO A  
WATERFALL

**24**  
WALK 9,000  
STEPS

**27**  
WALK 3  
MILES

**28**  
WALK A  
TOTAL OF 60  
MINUTES

**29**  
WALK  
10,000  
STEPS

**30**  
WALK AT  
SUNSET OR  
SUNRISE



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**WRITE IN YOUR OWN WALKING GOALS**

1

2

3

6

7

8

9

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16

17

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21

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23

24

27

28

29

30



Shasta Community Health Center  
a californiahealth+ center