



Counting steps - is 10,000 your magic number?

Are you looking for a simple yet effective way to boost your health and wellness? Walking is an exercise you can do anytime, anywhere, no special equipment required. And it can be done over the course of the day. Read on for insights into the power of walking, specifically that magic number, 10,000 steps a day—a goal that research suggests could significantly impact your health.

Walking is an excellent choice for just about anyone looking to improve their health. It's a low-impact, natural movement which, according to research, can lower your risk of chronic diseases and even extend your lifespan.

The concept of walking 10,000 steps a day originated in Japan in the 1960s as a marketing campaign for an early pedometer. So while the number is largely arbitrary, it has since been a benchmark for active living. But it has earned some validity: recent research shows that for individuals who spend most of their day sitting, achieving between 9,000 to 10,000 steps can reduce the risk of cardiovascular disease by 21% and early death by 39%.

Another reason 10K steps is effective is because it inspires you to work towards a measurable, attainable daily goal. You're more likely to stick with goals that are measurable and give you a sense of accomplishment.

Embarking on your 10K steps journey is easier than you might think. Start with investing in a low-cost pedometer, or utilize the step-counting features on your smartphone or smartwatch. Each has its pros and cons, but the key is to choose a method that works best for you and your lifestyle.

Mixing up your routine with other forms of exercise can enhance your fitness regimen. For those who prefer activities other than walking, consider the equivalents in swimming, cycling, or other exercises that fit your interests and needs.

Combining healthy eating with regular physical activity will, of course, amplify your health benefits. Together, they form a powerful duo for preventing chronic diseases and improving your overall well-being. So why wait? Lace up your sneakers, reset your step counter, and let's get moving!

Snickers Smoothie



This recipe replenishes fluids and provides essential nutrients to support any daily activity!

Ingredients:

- 1 frozen banana, cut into large chunks
- 1 cup unsweetened almond milk
- 2 tsp pure cocoa powder
- 4 pitted Medjool dates
- 2 tbsp. no sugar added peanut butter
- A few drops of vanilla extract

Place all ingredients into a blender, blend on high setting, and enjoy!