

10,000 STEPS A DAY PROGRAM

CSI's

We have all heard of the benefits that walking on a daily basis has on your health.

Walking:

- burns calories
- strengthens your muscles and bones
- lowers your blood pressure
- shapes and tones your legs and your butt
- reduces cholesterol
- reduces stress
- helps you sleep better
- improves your mood
- and so much more.

But exactly how much walking should you do to get these benefits? The answer is 10,000 steps a day.

There are many way in which you can reach this healthy goal and CSI is here to "walk" you through it with our 10,000 Steps A Day Program.

To get started:

- 1- Get a good pair of sneakers or walking shoes.
- 2- Wear a pedometer every day.
- 3- Log your steps at the end of each day.
- 4- Increase the number of steps you take each day

Note: Check with your physician before starting any new physical fitness regimen and if you experience any pain or discomfort. To avoid injury, start slowly.

Ideas to increase the steps you take in a day:

- Walk the dog
- Go window shopping
- Go for a walk with your spouse, your children or your friend
- Park a little further away
- Use the stairs instead of the elevator or escalator
- Among many other ways that present themselves each day.

Don't have a pedometer? Well, you're in luck. CSI has one for you. Download the Walking Program Registration form from our website or ask a sales rep for one and bring it by our office to collect your pedometer.

But wait, we have more. Participate in an eight week program and claim your very own CSI t-shirt. Simply download a log sheet from our website (or get one from a sales rep) to keep track of your walking. Then bring it by to get your t-shirt and let the world know you accomplished your goal.

WALK & WIN!

*You walk, you get healthier,
a pedometer and a t-shirt!*

