Pomona College Fitness and Wellness

10K-A-Day Pedometer Program

Program Summary:

The 10K-A-Day Pedometer program is a simple and fun way to boost your physical activity every day. Pedometers are little gadgets that count your steps and they make it fun to move!

Just put one foot in front of the other and you have it! Walking is so much a part of our everyday life that many people don’t realize the potential health benefits...like reducing your risk of heart attack, stroke, diabetes and glaucoma, lowering weight and cholesterol, and increasing longevity.

It is recommended that you check with your physician before beginning any exercise program.

Here is the plan:

1. Check out a pedometer and a program packet (including baseline card, goals, and logging card) from Lisa Beckett (X18428 or lbeckett@pomona.edu)

2. Wear the pedometer for three consecutive days, recording on your baseline log card each day the number of steps taken. Just do what you normally do.

3. Determine your three-day average.

4. Use the chart we give you to determine your walking program goals for the next four weeks.

5. For the next four weeks, use your log to record your walking progress.

6. After the first four weeks, your goal will be to average 10K-A-Day for six out of seven days each week (total steps per week divided by 6 should equal 10K or more). We suggest you continue to strive for 10-K-Day for four months, about the time it takes to develop a new habit.

7. At various times we will run new pedometer programs. You will hear from us via email. Join the fun!

8. Self-paced programs are also available. Contact Lisa.

Please contact Lisa Beckett if you have any questions. (X18428 or lmb04747@pomona.edu)