

RECOMMENDED STEPS PER DAY BY AGE



HEALTH BENEFITS AT LOWER STEP COUNTS

- **Adults 18-59:** 7,000-10,000 steps daily to reduce all-cause mortality
- **Adults 60+:** 6,000-8,000 steps daily for similar benefits
- **Women 62-101:** 7,500 steps daily is optimal for longevity



TRACKING STEPS FOR MOTIVATION

Monitoring daily steps, like aiming for 10,000 steps, encourages movement throughout the day.



NO INTENSITY REQUIREMENT

Decreased mortality risk occurs regardless of walking pace or intensity.



EVERY STEP COUNTS

- Even small increases in daily steps significantly reduce the risk of death and cardiovascular disease.
- An additional 1,000 steps daily leads to noticeable health benefits.



TIPS FOR INCREASING STEPS

- Gradually increase steps by 1,000 each day or over weeks.
- Participate in challenges like "Walk Through Texas History" or the "10-10,000 Challenge" for added motivation.



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