
Maine in Motion

Taking Steps to Increase Physical Activity

Maine in Motion is a 12-week program (8 weeks for school sites) using a pedometer to motivate you to get more physical activity each day. You can follow these steps to get started.

1. Get a pedometer.

A pedometer is a small device that counts the steps you take. You wear it on your hip attached to a belt or waistband.

When your hip rises as you take a step, the pedometer records each step on the digital screen. Wearing the pedometer every day gives you a cue to be more active.



2. Set a daily step goal.

To set a step goal, you first need to know how many steps you take daily. To do this, you need to do a 3-day test. Once you know how many steps you take each day, then you can set daily step goals.

For instruction on how to do the 3-day test and set daily step goals, refer to the **Tracking “Steps” handout**.

3. Choose an activity.

Choose activities that you enjoy and that make you feel good. Walking, riding a bike, playing a sport or doing chores around the house are good examples. Getting a partner or buddy to be active with you can be fun and just the support you need to stay active.



4. Review your diet.

Choosing the right foods will provide you with the energy you will need for increasing your physical activity.

5. Track your activity.

For 12 weeks, try to meet your activity goal on most days of the week. To keep track of your daily steps, use your **personal activity log**.