

Walk
NEBRASKA**The Power of 10: Ways to Improve Your Health**

The number “10” is powerful and fits a “small-steps approach” to behavior change. It is easy to multiply, divide and remember. It is small enough not to discourage people from taking action and large enough to make an impact over time.

Try these tips to improve your health:

- **10% weight loss goal.** Set an initial weight-loss goal of 10% of body weight, achieved over a six-month period (i.e., gradual weight loss of 1 to 2 pounds week). A modest loss of up to 10% of body weight is an excellent start and may be enough to get your body mass index back into the normal weight range.
- **10 minute exercise sessions.** Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity on most days of the week. If you are pressed for time, exercise in three 10-minute sessions spread throughout the day such as walking at lunch time and exercising 10 minutes while cooking dinner. There are 144 ten-minute blocks of time in a day. Find at least three that are right for you.
- **Take 10,000 steps.** Walk 10,000 steps a day, which is roughly the equivalent of five miles a day (2000 steps = about 1 mile = about 100 calories). Additional steps may be needed for weight loss. Use a pedometer to keep track of your steps.
- **Lose 10 pounds by eating less.** Lose 10 pounds in a year by eating 100 less calories per day – 1 tablespoon mayonnaise or butter, 1 medium chocolate chip cookie, or 8 oz. cola beverage, for example.
- **Lose 10 pounds by exercising more.** Lose 10 pounds in a year by burning off an additional 100 calories a day – a 150 pound person burns only 100 calories an hour sitting, but walking at 4 mph for just 30 minutes, burns about 200 calories.
- **Visualize your 10.** Visualize what gaining or losing 10 pounds of fat looks like as an incentive to change. Picture ten 1-pound cans of vegetable shortening or 40 sticks of butter stacked on your hips.

Start today toward your “Power of 10” to make a positive behavior change.

Source:

O’Neil, Barbara and Ensle, Karen, “Put Your Mind To It”, [Small Steps To Health And Wealth](#). 2006, Rutgers Cooperative Extension, pages 70-71.

Know how. Know **now**.



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