



# How many **steps** do you take every day?

Probably somewhere between 3,000 and 5,000 if you're an average person. But by moderately increasing your physical activity every day, you can improve your health. And walking—that's right, just plain walking—can do the trick.

**Introducing 10,000 Steps®—an easy-to-use walking program** that can help you live a healthier life by reaching a fitness goal of 10,000 steps a day. Here's how:

- Use a handy pedometer to count every step you take—whether it's around the house, around the office, or around town.
- Go online to the 10,000 Steps® Web site and record your total steps.
- Set personal goals and monitor your progress.
- Get motivational e-mails, read tips on staying active, find ideas for healthy meals, and more.

Plus, as a Kaiser Permanente member you're eligible for a \$7 discount off the \$30 enrollment fee. So start walking your way to better health. Visit [kaiserpermanente.org/10000steps](https://www.kaiserpermanente.org/10000steps) and sign up today!

10,000 Steps® is a registered trademark of HealthPartners, Inc.

KAISER PERMANENTE®  **thrive**