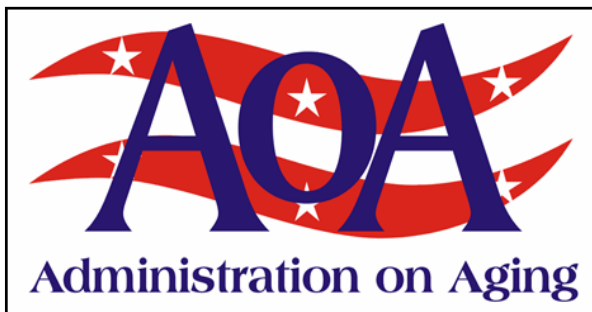


# Moving More Step

1. Attach the safety leash to your belt loop or button hole or use a safety pin to secure the counter.
2. Clip the counter on your belt or waistband. Make sure it is close and flat to your body.
3. The counter must be vertical and closed for accurate counts.
4. At the end of each day, write down the displayed number — your total steps for the day.
5. To start a new day, press the yellow reset button to set the counter to zero.
6. You may start wearing your counter at anytime during the day. Wearing it for even part of the day motivates you to walk more.



US Department of  
Health & Human Services



NATIONAL CENTER ON  
NUTRITION & AGING  
Florida International University  
Miami, Florida

Visit the Center's website at:  
[www.fiu.edu/~nutreldr](http://www.fiu.edu/~nutreldr)



steps  
to healthy  
aging

**Eating Better  
&  
Moving More**

## Moving More

- **Steps to Healthy Aging** is part of the President's Healthier US Initiative.
- Moving More helps older adults stay active.
- Walking more each day can improve health, prevent obesity, and maintain independence.
- Older adults can use digital step counters to count steps daily.
- Add steps throughout the day to reach your step goal. It is easy and fun using counters.
- Increase your daily steps gradually. 2000 steps equals about a mile.
- **Moving More** at any age improves physical, nutritional, emotional, and social well-being.



## Tips For Adding Steps to Your Day

- Be active.
- Set a realistic daily step goal. Start small and then add more steps.
- Start a walking club at your senior center or join neighbors at a mall walking club.
- Try to take half of your goal steps by noon.
- Take several short 10 minute walks during the day.
- Park farther away in parking lots.
- Take the stairs instead of the elevator.
- Take the longer way when walking to a store in a mall.
- On rainy days, walk up and down hallways and around large rooms.



## Eating Better

- Enjoy healthy meals at an Older Americans Nutrition Program.
- Eat all your home delivered meals for health and recovery.
- Aim for a healthy weight.
- Eat a wide variety of foods.
- Eat more high fiber foods made from whole grains.
- Eat five fruits and vegetables daily. Try many colors and kinds.
- Choose a diet that is low in saturated fat and cholesterol.
- Choose and prepare foods with less salt.
- Eat calcium-rich foods like milk and cheese for strong bones.
- Drink plenty of beverages and stay hydrated especially when you are on the move.

