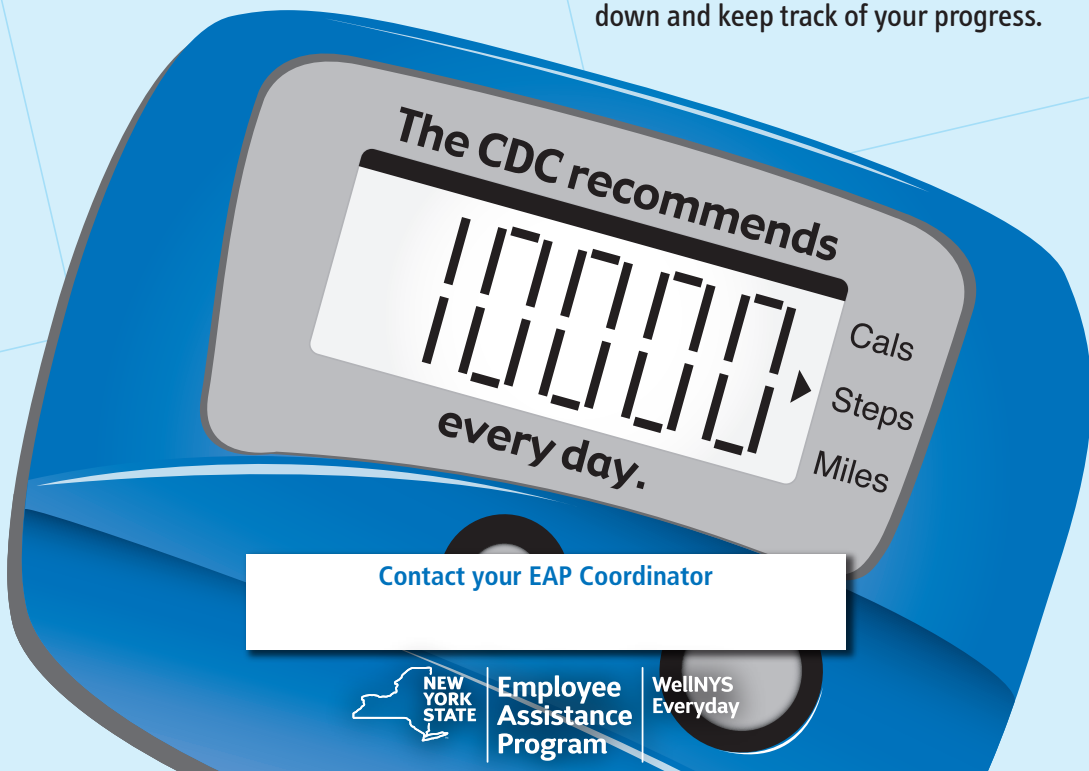


How many steps do **you** take in a day?

To start counting in February:

- Purchase a pedometer (available at most major sporting good or discount department stores).
- Clip the pedometer to your belt directly above the knee. Wear it all day.
- Determine the average number of steps you presently take by recording your pedometer reading every day for 2 weeks. Add the steps together and divide by 14.
- Pick an appropriate personal goal to strive for based on your physical condition.
- Gradually increase the amount of steps you take each day. Be sure to write down and keep track of your progress.



Contact your EAP Coordinator



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