



November 1, 2010 – Grand Rapids, MI

## 1,000,000

Today is the beginning of the last two months of the year. How many of you are up for a challenge? I got an email from a long-time reader who said that he had walked over four million steps each of the past two years and was trying for 4.5 million this year, and that got me to thinking. There are 61 days left in the year counting today. If we walk one hour a day every day for the rest of the year, we might be able to hit one million before New Years. Here's the math.

We're supposed to get 10,000 steps per day without counting exercise so that's 610,000 steps. If we walk an hour at 120 steps per minute—that's what the Exercise and Breast Cancer Study says conveys the protective effect—that would be 439,000 additional steps. We could easily make one million by the end of the year. If you jog or run it would be closer to 160 to 180 steps per minute. Anything that's measured in steps such as elliptical trainers, cross country machines, or stair climbers counts as well.

If you have a pedometer, great. Get going. If you don't, what's stopping you from getting one today? Really, you can make excuses or you can get moving. Maybe you've never done anything that equals a million before. Here's your chance. Why? Because you can—plus I'll tell you what else that study said on Wednesday. Right now, in your head, are you making plans or making excuses? You'll never know what you can do unless you try.

What are you prepared to do today?™

**Dr. Chet**

**Reference:** Arch Intern Med. 2010;170(19):1758-1764

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