



November 3, 2010 – Grand Rapids, MI

Why 1,000,000

On Monday, I told you I'd tell you today why hitting 1,000,000 steps the rest of this year is a good idea based on the Exercise and Breast Cancer Study (1). Very simple: the more the women exercised, the leaner they were. When comparing the women who were sedentary with those who walked an hour a day, the difference at the beginning of the study was about 1.5 BMI units. That's about 10 pounds depending on height. Some of you have fought all year to lose 30 pounds. Here's a chance to make it by investing a little more time in walking every day.

A tip from a long time reader about tying your shoes before exercise: KW said he was watching the movie *The Pacifier* with Vin Diesel, and noticed that before working out, Diesel tucked his laces into his combat boots. KW started tucking his laces into his shoes and he hasn't had one come undone since. Try tucking in your laces before you start your one-hour walk.

What are you prepared to do today?™

Dr. Chet

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

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