



日行萬步

10,000 Steps a Day



Introduction

Sedentary lifestyle such as **prolonged sitting is harmful to health.**



Members of the public are encouraged to reduce sedentary time by **walking more in their daily life.**

Adults are encouraged to **gradually increase their goal to 10,000 steps a day** based on their own physical conditions, abilities, pace and individual circumstances.



Even if the goal cannot be achieved, any amount of walking is better than none

Why walking?

Walking as a starting point to be more physically active



Prolonged sitting is harmful to our health

Sedentary lifestyle such as prolonged sitting is harmful to our health. It increases the risk of cardiovascular disease, cancer, type-2 diabetes and all-cause mortality. So, you should reduce sedentary time.



Walking is a simple form of physical activity

Walking is a simple form of physical activity that most of us are doing every day.

Walking more in your daily life

A good way to start reducing sedentary time is by walking more in your daily life.



Walking is easy and healthy



You can do it anytime, anywhere! You can fit walking into your busy schedule and make it as your daily routine.

All you need is a pair of comfortable shoes to enjoy the health benefits of walking. You don't need any special equipment.



Walking brings us many benefits but we may not be aware of!

Health benefits of walking



Maintain healthy body weight



Reduce risk of chronic diseases



Improve cardiopulmonary function



Strengthen muscle and bones

such as, hypertension, type-2 diabetes, cardiovascular diseases and some types of cancers



Reduce anxiety and depression

Am I walking enough?

Nowadays, many electronic devices are equipped with built-in function to track the steps you take. You can monitor your daily step count by using the following devices:



Smartphones

Counting your daily steps and monitoring your progress will motivate you to walk more and strive for your step goal



Wearable devices such as smart watches and fitness trackers



Pedometers/step-counters

Start at your own pace and gradually increase to 10,000 steps a day

Taking into account available scientific evidence, international overseas and local guidelines as well as the baseline daily step counts of local population, adults are recommended to **gradually increase their goal to 10,000 steps a day** based on their own physical conditions, abilities, pace and individual circumstances. Even if the goal cannot be achieved, **any amount of walking is better than none.**



How can I walk more?



What if I'm too busy to walk?

Walking can be easily incorporated into your everyday life. Below are some ideas to increase your daily step count in your routine daily activities:



Use the stairs instead of taking the lift or escalator



Get off public transport one stop earlier and walk the rest of your journey

What if the weather is too hot and humid, too cold or on a rainy day?



You may choose to walk indoors at:

Home

Even stepping in place at home while reading or watching television can help keep you away from a sedentary lifestyle.



Office

Walk to your colleagues' desk to discuss the work business instead of calling by phone.



Shopping Mall

Mall walking provides a safe and comfortable way for you to walk towards your daily step goal.



How can I stay motivated to walk?



1

Use a smartphone application or wearable device to track your daily step count and set a daily goal

2

Walk with your family and friends

3

Walk with your pets

4

Sign up for charity walks

5

Outdoor walking and changing the scenery from time to time can make walking more interesting and keep you motivated. You may choose to walk outdoors at:

Neighbourhood

Promenades

Parks and fitness walking tracks

Country parks and hiking routes

Special Tips



There are **walking tracks** in the 18 districts all over Hong Kong. Choose one nearby and start walking now!

Hiking is a popular physical activity and there are a lot of beautiful landscapes of the countryside awaiting you to discover. You can also enjoy the fun of hiking with your family and friends!

You can find out more information on where you can walk by **visiting Leisure and Cultural Services Department websites:**

Fitness Walking



Hiking Scheme



QualiWalk



Safety Tips

Points to note during walking exercise

1

Wear **comfortable clothes and shoes** with heel and arch supports and good cushioning.

2

Walk with **good posture** with your body upright, shoulders relaxed and natural arm swings.

3

Stay **hydrated** by drinking adequate amount of water. Do not exercise on an empty stomach or after a heavy meal.

4

Walk in **safe venues or walking tracks** without obstacles to reduce risks of falling.

5

Start by walking slowly in short distances, and gradually increase frequency, intensity and duration over time **according to your abilities**.

6

Warm up beforehand and cool down afterwards by slowing your pace and stretching.

7

Seek medical advice before starting an exercise programme if you ^{note:}

- Have **chronic disease**, e.g. heart disease, respiratory disease, etc.
- Are **middle-aged or older, have not been physically active**, or plan a relatively vigorous exercise programme
- Tend to **lose consciousness** due to dizziness
- **Have bone or joint problems**, e.g. signs and symptoms of swelling, heat, pain or stiffness around a joint
- Feel **chest pain**, palpitation or shortness of breath after mild exertion

Beware of your limits. Stop exercising and consult doctors as soon as possible if you feel any discomfort for instance chest pain, dizziness or shortness of breath.

Note: The list would not be exhaustive. Members of the public are advised to seek medical advice if they have doubt about starting an exercise programme.

Related information

For more information, please visit:

<https://www.change4health.gov.hk/>

