Benefits of taking 10,000 steps per day

As the weather is getting warmer and Summer has begun, we’re finding ourselves outside more and more. If you’re cleaning your house, walking your dog, or even heading to a coffee shop in-town, you’re getting in more steps than you realize. But, what are the benefits of taking 10,000 steps per day and how does this impact your overall health and wellness?

1. You could **strength your heart** by pumping more blood to your heart, increasing your aerobic capacity and lessening your risks of diseases.
2. You could **store less body fat**. Calories will fuel key systems in your body rather than being stored as fat or in the muscle or liver.
3. You could **improve your brain’s performance**. The ability to learn new tasks, grow new brain cells, and stave off cognitive decline are all aided by daily moderate exercise.
4. You could help **stabilize your blood sugar**. When you’re active, you will have a lower glucose and insulin response after a meal. This is a predictor of cardiovascular risks.
5. You’ll **reinforce healthy habits**. Small successes build upon themselves. If someone got 10,000 steps yesterday and the day before, they are more likely to hit that mark again the following day!

Chef’s Salad with Russian Dressing

The perfect **Summer salad** for a group outing or lunch on-the-go!

Ready to begin your success story?

Get WeightWatchers for a discount when you sign-up through your employer! To sign-up or learn more, contact WW at 866-204-2885 or your HR representative.

Plus, get a **$25 credit to the WW Shop**, filled with delicious snacks and gadgets for your wellness journey.