

## *2005 Pedometer Weekly Planner*







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What's more, you'll likely be surprised at how quickly and easily you reach 10,000 steps, for a grand total of 4 to 5 miles every day. Now that's how you lose weight – lots of weight – and keep it off, as the National Weight Control Registry members learned. And that's how you help keep your blood sugar and other metabolic factors in good working order all day long.

### **“What should I do: 30 minutes of exercise or 10,000 steps ...**

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### **FAQ - Frequently Asked Questions | Youfoodz**

The key to getting more active is finding activities that you enjoy. Our A-Z guide has 49 ideas to get you, and your friends and family, out and active this summer.

### **Top 49 Fun Activities to Get You Moving This Summer ...**

Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion The material in this report originated in the National Center for Chronic Disease Prevention and Health Promotion, Ursula E. Bauer, PhD, Director Corresponding preparer: Sarah M. Lee, PhD ...

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### **Information Technology - Dwarkadas J. Sanghvi College of ...**

Publisher of books, continuing education courses and journals for Fitness, Exercise, Coaching and Sport

### **Human Kinetics - Physical Activity and Health Publisher**

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