

PACE UP Walking Programme

The plan is to start from where you are currently and to gradually increase the amount you walk over 12 – 16 weeks. Don't increase your walking this week, just do what you normally do.

Use a pedometer/ step counter or smart phone app to record the number of steps you do each day and complete them in the table:

Day	Step count
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total steps counted this week =	

Now divide the total by 7 (or by the number of days you recorded, i.e. if you recorded 5 days, divide by 5).

Your average daily step-count = This number is your baseline steps.

Month of Programme	Example target number of steps
First month	Add in 1500 steps on ≥ 2 - 3 days per week
Second month	Add in 1500 steps on ≥ 3 - 5 days per week
Third month	Add in 1500 steps on ≥ 5 days per week
Fourth month	Add in 3000 steps per day gradually increasing from 3 to 5 days per week

By the end of 12 – 16 weeks the aim is for you to be walking an extra 3000 steps most days of the week.



Remember:

- 100 steps equal about 1 minute of walking
- 750 steps equal about 7.5 minutes of walking
- 1500 steps equal about 15 minutes of walking
- 3000 steps equal about 30 minutes of walking

Designed by investigators Tess Harris and colleagues from the Population Health Research Institute, St George's University of London and funded by the Health Technology Assessment Programme of the National Institute for Health Research.

