



**Do You Get
8,000 Steps
a Day?**

Daily Steps & Why They Matter for Your Health

Walking is one of the most underrated tools for improving your health, metabolism, and overall longevity - and most people don't get nearly enough of it.

★ Recommended Daily Steps

There's no "one perfect number," but here are the widely accepted ranges:

◆ **3,000–5,000 steps/day**

Considered sedentary.

Daily energy expenditure is low, and the body isn't getting enough circulation or movement.

◆ **6,000–8,000 steps/day**

A great, realistic target for most adults, especially for improving metabolic health, mood, and energy.

◆ **8,000–10,000+ steps/day**

Best for supporting fat loss, heart health, blood sugar regulation, and longevity.

Most women see major benefits right around 7,000–8,000 steps.

You do NOT need 10k to be healthy – consistency matters more.

🚫 Effects of Being Sedentary on Your Body & Health

When most of your day is spent sitting (car, desk, couch), several things start to happen in your body — even if you work out regularly.

Slower Metabolism

Sitting for long periods reduces calorie burn, lowers muscle activation, and slows down metabolic function.

Increased Blood Sugar & Insulin Resistance

Low movement = blood sugar stays elevated longer after meals.

Over time, this raises the risk of:

- Prediabetes
- Type 2 diabetes
- Belly fat storage

This is especially important for women over 40.

Poor Circulation

Sitting for hours makes blood flow sluggish, leading to:

- Swelling in legs/ankles
- Increased blood pressure
- Higher risk of cardiovascular issues

Even short walks improve circulation dramatically.

Tight Hips, Lower Back Pain, Weak Glutes

Sedentary posture:

- Shortens hip flexors
- Weakens glutes
- Rounds the shoulders
- Puts pressure on the lower back

This affects your lifting form and daily comfort.

Lower Mood & Increased Stress

Low daily movement is linked to:

- Higher cortisol
- Worse sleep
- Anxiety
- Lower energy

Even 5–10 minute walks boost serotonin and dopamine.

Reduced Longevity

Research shows that people who consistently hit 7,000–8,000 steps/day have significantly lower risk of:

- Heart disease
- Stroke
- Early mortality

Movement truly is medicine.

The Bottom Line

You don't need hours in the gym — you just need to move more throughout the day.

Walks boost your mood, metabolism, blood sugar, joint health, and longevity.