

TIP: Steps Per Minute – Walking Pace for Fitness

Many of us use a pedometer to keep track of how many steps we take in our walking workouts. While this is a good starting point, a pedometer doesn't give us any information on how intensely we're exercising. It doesn't tell us if our heart rate is being raised enough to improve our physical fitness.

According to the latest research, if we walk for exercise we should aim for a minimum pace of 100 steps per minute on level terrain to ensure that our workout is intense enough to improve our fitness level. Note that this is for the average walker aiming to get a moderate intensity workout.

Experts recommend that adults get at least 30 minutes of moderate activity, five times per week. Walkers can achieve those 30 minutes in one session -- that means taking a minimum of 3,000 steps per session -- or break those steps down into several shorter exercise sessions throughout the day.

A simple pedometer and a wristwatch is all we need to ensure that our walking workouts are intense enough.

References: American Journal of Preventive Medicine, 2009;
Reuters.com 2009