A.

TRANSLATION: TAILORED STEP ADVICE

✔️ What is your average daily step count level during the last week?

Please count the number of steps of the last 7 days, and divide this sum by 7. If you did not register steps every day during the last week, please count the number of steps, and divide the sum by the number of days that you did wear the pedometer.

✔️ Did you participate in any moderate or vigorous intensity physical activities during the last week, that were not included/registered in your average daily step counts?

These are activities in which you did not wear the pedometer (e.g. swimming), or activities that were not registered by the pedometer (e.g. cycling).

B.

TRANSLATION: TAILORED STEP ADVICE

Introduction

Dear Sofie Compernolle,
Below you will find the step advice that we have developed for you. This step advice was developed based on your answers on the online questionnaire. In the advice, we have taken into account your average daily step counts and other activities, as well as your ideas about this. Being physically active is very important to maintain good health, and that is the reason why we developed this advice for you. We will give you some suggestions to improve your daily step counts. We assume that you answered the questionnaire honestly, if not, this advice will not be accurate and will not be of added value for you.

C.

What is your average daily step counts?

You indicated that your average daily step count level is 9,600 steps a day. This is almost enough! You almost reached the recommended guideline of 10,000 steps a day. People who have an average daily step count level between 7,500 and 10,000, are described as being moderately physically active. Research has indicated that you need 10,000 steps a day in order to experience health benefits. This guideline corresponds to the international guideline which recommends at least 30 minutes of moderate intensity physical activity every day. Research has indicated, that if you reach this guideline, you will be less likely to develop cardiovascular diseases, obesity, hypertension, diabetes, osteoporosis, depression, cancer, etc. It is thus beneficial to enhance your daily step counts. Therefore, try to increase your daily step counts with 1,000 steps every week. In your case you will then reach the recommended guideline next week. The graph below shows your average daily step count level (red), your previous average daily step count level (blue) and your goal (green).
Tips to increase your average daily step counts and physical activity level

Introduction:
You are planning to increase your daily step counts within one month. This is a good idea, as you are currently not meeting the guideline of 10,000 steps a day. Below you will find some tips that can help you to reach the recommended guideline.

At work:
Have you thought about increasing your daily step counts or your physical activity level at work? You can use the sport facilities that are present at work to be physically active during lunch break, or you can go running, cycling or swimming. To avoid traffic, you can be physically active just before or after your working hours. Furthermore, you can try to increase your physical activity level during working hours, e.g. by going to the office of a colleague, instead of sending an e-mail to this colleague, by taking the stairs instead of the elevator, by taking an active break, by using the bathroom on another floor, by placing the printer further away from your desk,... In short, by choosing for the active solution!

Transport:
You can easily increase your physical activity level or your average daily step counts, by choosing active transport to go to your family, to go shopping, to visit friends, to go working etc. Walking or cycling at moderate intensity is already sufficient to experience health benefits, sweating is not necessary. Extra suggestion: if you are covering many kilometers to go to work, you can get off the bus or tram one stop earlier, and walk the last meters/kilometers.

Benefits:
Falling less often ill, and having a better health are your most important benefits to become more physically active. If you are sufficient physically active, than you will be less likely to fall ill. Many scientific studies confirm this statement. It has been shown that the risk for cardiovascular diseases, cancer, osteoporosis, diabetes, obesity, hypertension, depression and stress will decrease if you are sufficiently physically active. This improves the quality of life.

**Barriers:**

Lack of time is your most important barrier. However, you do not need a block of 30 minutes to be physically active. Research has demonstrated that the beneficial effect of being physically active are also present if you are splitting up your daily physical activities in blocks of 10 minutes. By being creative, you can be physically active for 30 minutes a day, without needing extra time. For example: 5 km cycling takes 15 minutes, with the car it will take 15 minutes. So, the difference is only 10 minutes. If you are doing this twice a day, you reach the international guideline of being physically active for 30 minutes a day. Go up and down stairs, instead of going up with the elevator, will not cost extra time. Furthermore, it is also a matter of priorities; How important is your health? How important is it for you to be physically active?