



## 10,000 steps with Moti

Join Moti as he gets “in motion”, and works towards his goal: to take 10,000 steps every day. By walking and counting in other physical activities, Moti’s 10,000 steps a day will get him started toward a longer, healthier life.

Moti life is full and busy, so he decides that cycling to work is an efficient way to add exercise into his daily routine. After a leisurely 10 minutes of cycling, Moti has added \_\_\_\_\_ steps to his day.

Once at work, Moti vows to take stairs. How much faster it is to get around the building to talk to his co-workers now that he doesn’t have to wait for the elevator! If Moti builds up 10 minutes of stair-walking over the day, he has added \_\_\_\_\_ steps to his total.

On the weekend, Moti plays a round of golf. He keeps a running tally of his golf scores, always trying to out-do himself. Whether his golf-score is up or down, the score Moti gets for the steps he takes is right on track: \_\_\_\_\_ steps for playing nine holes of golf.

Moti starts slow, but is soon at ease with his new exercise program and picks up the pace. Moti takes a walk around his neighbourhood or over to the store. A brisk \_\_\_\_\_ minute walk lets Moti add 1300 steps to his day. Moti keeps right on walking. He knows that it’s good to get his heart rate up a little and to keep it up for a while.

Moti enjoys the fresh vegetables that he grows in his garden. In an hour spent working outdoors in the sun, digging, weeding, hoeing and watering, Moti has taken \_\_\_\_\_ steps, hardly noticing how the time flew by. Moti throws together a plate of veggies as a snack to bring for his exercise group, when they gather to do aerobics together. In a \_\_\_\_\_ minute workout doing step aerobics, Moti racks up 7500 steps.

Moti also has a lawn that he needs to mow, and thankfully, half an hour pushing the lawn mower allows Moti to tack on \_\_\_\_\_ steps to his day—if mowing is his main physical activity that day, he’s already half way to 10,000! Then, Moti puts on his jogging shoes and ventures forth. For half an hour spent jogging, Moti has gained \_\_\_\_\_ steps.

Moti has enjoyed trying many different ways to put steps in his day and scatters them throughout his week for some variety. Best of all, Moti is starting to recognize and wave to fellow joggers, cyclists, roller-bladders and dog-walkers in his neighbourhood. Maybe he’ll team up with some of them for fellowship as he exercises!