



Take the 10,000 Step Challenge...

The average person walks between 3,000 - 4,000 steps a day.

Research shows that walking 10,000 steps a day can significantly improve your health¹.

Walking 10,000 steps briskly can burn up to 440 calories.

Can you reach 10,000 steps?

Take the Live Life Well Active Challenge and see how many steps you can reach!

Use a pedometer to measure how many steps you usually take.

Try to increase by 1,000 steps each week until you reach 10,000 steps.

Every little or big step counts

Here are some easy ways to move more and stay active:

- Use a pedometer or fitness tracker to set goals and track your daily steps
- Take the stairs instead of the elevator or escalator
- Park your car farther away from your destination
- Take short walking breaks during your workday, such as walking around the office or going for a quick walk outside
- Engage in household chores or gardening
- Take the opportunity to walk instead of using transportation for short distances
- Take regular walking breaks during long periods of sitting, such as when watching TV or working at a desk
- Use active playtime with children or pets, such as playing tag, kicking a ball, or going for a walk together
- Explore outdoor activities like hiking, jogging, or cycling in nearby parks or nature trails
- Incorporate physical activity into social gatherings by organizing active outings like group walks and hikes

Maintaining a healthy lifestyle involves a combination of diet and exercise.

While a low phenylalanine diet and the use of PKU formula are important aspects of a balanced PKU diet, physical activity also plays a significant role.

Remember to consult with a healthcare professional before starting any new exercise routine, especially if you have any underlying health conditions or concerns.

1. Saint-Maurice PF, et al. JAMA. 2020; 24;323(12):1151-1160.



Can you reach 10,000 steps? Then step up and take the challenge!

Record how many weeks it takes on the **Challenge Chart** below.

Name:

My average daily steps at the start steps

Week 1 steps

Week 6 steps

Week 2 steps

Week 7 steps

Week 3 steps

Week 8 steps

Week 4 steps

Week 9 steps

Week 5 steps

Week 10 steps

Challenge completed in weeks



We'd love to hear your success story with the Live Life Well Active Challenge.
Email us at: marketing@VitafloUSA.com

Get moving and start the Live Life Well Active Challenge today!



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