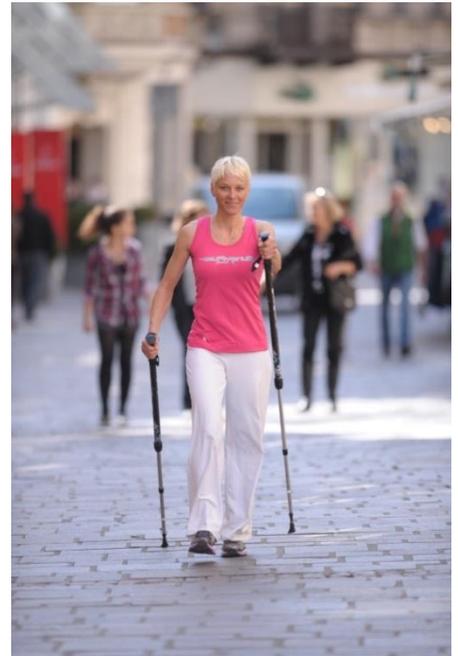


10,000 STEPS WITH BUNGYPUMPS

The healthy way to reduce weight easily and without any side effects on your health. The idea is to walk 10,000 steps a day with BungyPumps with a view to reducing your weight, increasing your strength, keeping your heart healthy and raising your energy levels. The method was launched originally by Japanese doctors and dieticians as preventive action for heart disease, type-2 diabetes and many other illnesses which result from a sedentary lifestyle. BungyPumps can play a part in this method.

The programme is very simple. First grab a pair of BungyPump poles (four-kilo resistance is enough) and a step counter and wear this when you are using BungyPumps. Once you know how many steps you take each time you go out exercising, increase this number gradually until you reach 10,000 steps in total per day.



The perfect speed

Only count the steps you take when walking briskly. By walking energetically, you increase the demand for oxygen in your body, which means that your heart, lungs and muscles work more efficiently.

To work out what speed is right for you, you need to be able to walk and hold a conversation with somebody else without getting out of breath. If you can't hold a conversation at the pace you're going, reduce and adjust your speed to suit you best. When you walk at a suitable pace, your heart will beat faster, your breathing will be faster and you'll notice an increase in your body temperature. (If you can, use a pulse counter when training to ensure a more objective and qualitative result.)

How many steps does a person take each day?

Most people take between 3,500 and 5,000 steps per day, which is regarded as a sedentary lifestyle.

From 5,000 to 8,000 steps is regarded as a normal level of activity.

From 8,000 to 10,000 steps is regarded as an average to high level of activity.

People who take 10,000 steps per day are considered to be "active" and those who take more than 12,000 steps "very active".

Does it have to be 10,000 steps?

It doesn't have to be 10,000 steps for everyone. Those who already lead an active life and do other sports would find it rather hard to fit in an additional 10,000 steps per day. Research carried out by Dr. Catrine Tudor-Locke shows that taking 6,000 steps per day reduces the death rate for men. However, the figure 10,000 comes from Japan, where the step counter, which has recently become so popular, is called "Manpo-kei" which means "10,000-step meter". Dr Yoshiro Hatano spent several years researching what is the most suitable level of physical activity in order to reduce overweight and prevent heart disease. His studies show that a majority of people take from 3,500 to 5,000 steps a day and, based on this research, he suggested that people should increase their level of physical activity to compensate for their sedentary lifestyle.

Do I have to take all these steps in one go?

There has been a lot of discussion about how to exercise, whether it is better with a longer period of effort (between 30 and 60 minutes) or if it is better to spread physical activity over the whole day in shorter sessions. As far as walking is concerned, it is better to do it in 1,500-2,000-step sessions throughout the day. The latest research has shown that, generally speaking, even a couple of minutes exercise helps to improve your health.

Step counter

A step counter is an electronic instrument, usually attached to the waist by a clip, which measures the number of steps we take. There are many different types of step counter and their price varies. Some comprise a radio or a mechanism which measures the level of body fat; others have separate memories and can be adjusted for use by several individuals, and other counters have even more functions.

If you don't have a step counter, you can simply count the number of steps you take.

Another method is to calculate how many steps you take in ten minutes and therefore how many steps you take in half an hour or however long you walk.

For example, if you count 1,000 steps in 12.5 minutes, that means you take 10,000 steps in 125 minutes, which is 2 hours 5 minutes.

Tips for going out walking with your BungyPump poles, three or four times a week

- Find a friend or friends who would like to go out for a walk with you. It's much more fun.
- If you have a dog, use it as a reason to go out and walk a couple of kilometres.
- Organise weekend outings.
- Improve your training week by setting yourself goals. If you start by setting goals which are easy to reach, you'll succeed with the goals you set yourself later on.



How do I begin?

If you are very overweight, it is recommended that you talk to your doctor first and get a medical opinion before you start the programme.

BungyPump training is a physical activity which doesn't normally involve any risks. We are born with a pair of legs which are designed to take us from one place to another. Besides, exercising with BungyPumps is very inexpensive because the only things you need are a pair of comfortable trainers and BungyPump poles. Remember that almost half of the muscles in your body are specifically designed for walking.

Remember that it's much better to walk a little at a time, every day, than leave all your physical activity to the weekend.

Some advantages that you'll notice when you walk 10,000 steps a day using BungyPumps

- You'll feel less tired and much livelier and have more energy to do more things.
- You'll have more self-confidence and experience less stress, which means that you'll sleep better.
- You'll improve the condition of your heart, by lowering your cholesterol level and your blood pressure.
- You'll easily be able to keep to your ideal weight. You'll lose weight and gain health-wise.
- You'll strengthen your muscles and bone structure both in the upper and lower part of your body.
- You'll reduce the risk of heart problems.
- You'll reduce the risk of depression and anxiety.
- You'll reduce the risk of having a heart attack.
- You'll reduce the level of both cholesterol and triglycerides (fats) in your blood and increase the level of high-density lipoproteins or "good cholesterol".
- It will help you to reduce your blood pressure if you are suffering from high blood pressure.
- It will help you to reduce the risk of developing type-2 diabetes.
- You'll reduce the risk of developing cancer of the colon.
- It will make you feel better generally.
- It will improve your immunity.
- It will make you less tired.

To begin with, it will be an effort to reach 10,000 steps a day, but with persistence and willpower, it won't take you long to achieve your goal most days. At the same time, you should make some changes to your diet (food).

Before long, your results will speak for themselves. You'll start to lose weight and develop muscles. You'll feel much better, be more self-confident and have much more energy. At that point you'll understand ... **"THE POWER OF BUNGYPUMP POLES"**.

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