

- Walking can help you maintain a healthy weight
- Strengthen your bones & muscles
- Improve your mood
- Improve your balance & coordination

Many people living with dementia are capable of safe walking until very late in the progression of the disease

Many people living with dementia are at risk of becoming lost if walking alone, even in familiar surroundings



Alzheimer Society

How to Get to 10,787 steps!

Presented locally by



What is 10,787 steps?
8.22 Kilometres or 5.11 Miles



Conquer Landmarks



10,787 steps = climbing the CN Tower 6 times, walking the length of Bondi Beach 8 times and climbing Machu Picchu Mountain 6.75 times!

10,787 steps – 1 step for each person in Niagara living with dementia.

Register today:
www.alzgiving.ca/niagara

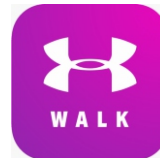
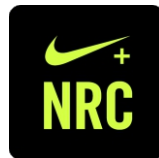
Use Everyday Tasks to Meet Your Goal!



Grocery shopping = 67 steps/min,
Vacuuming = 101 steps/min,
Shovelling Snow = 174 steps/min



Here are some apps to help you track your goals!



Nike + Run Club Map My Walk by Under Armour StepsApp Pedometer

- Improve high cholesterol, joint & muscular pain
- Increased heart & lung fitness
- Reduced risk of disease & stroke
- Improve high blood pressure