

We can use wearable activity trackers to chart:

Number of steps

- Taking regular steps is important to leading an active lifestyle.
- Individuals with mild to moderate PD average 4,700 -4,800 steps/day.
- 5,000 steps/day is considered a cut-off for identifying a more sedentary lifestyle.
 - Whereas **7,500 steps/day are associated with a Physically Active Lifestyle**
 - **Taking greater than 7,000 step/day has been linked to longer life!**
- Aiming to increase by as little as 1000 steps/day can result in positive health impacts.

What are your current steps/day? _____

What is your goal for steps/day? _____

Intensity

- Science shows its best to exercise for **150m minutes/week at moderate to vigorous** intensity. You can monitor your heart rate to determine the intensity.

What is your current heart rate range with exercise? _____

What is your goal heart rate range for exercise? _____

Other features

- Monitors can capture sleep information, provide a place to record water intake or also help you seek help in an emergency!

Ask your therapist for additional uses and resources about monitoring your health with a wearable activity monitor!

*** If you notice a change in your step count or more difficulty hitting your, goals, contact your physical therapist or get a referral from your physician for an updated evaluation! We are here to help you work towards & maintain your goals.**

