

Soundbite Script – Every Step Counts

Nancy Dagefoerde, Nurse Practitioner, OSF Cardiovascular Institute

“Heart health or cardiovascular risk increases as we age. So, if a person is sedentary, they're adding to that risk, and it's also important for balance and movement in general and just overall health and reduction of health problems. That's why it is especially important for older people.” (:23)

Nancy Dagefoerde, Nurse Practitioner, OSF Cardiovascular Institute

“If you start at 2,000, and you just start adding on 1,000 steps, you're showing health benefit, which I think is important because many people can't do that many steps in a day for several reasons.” (:12)

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“During an hour-long TV show, there's 20 minutes of commercials, and they're three to four minutes at a time. So, if you can't do a lot of walking at once, get up and walk for those three to four-minute intervals, then you're getting some activity in.” (:11)

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“Do small amounts. It doesn't have to be a great deal. Many people think if they can't do a half hour or 45 minutes at once, they might as well not exercise, but you can break it up into three 15-minute workouts or three 15-minute walks. Even if you're working, you can take a 15-minute break and do a little now and a little more later. Something is better than nothing.” (:21)