

Soundbite Script – Take steps for better health

Paige Linstead, physician assistant, OSF HealthCare

"A lot of patients have sedentary jobs, as do I. So, I try to walk on my lunch, walk my dogs when I get home. I really focus on the calorie aspect of it too, and try to increase the walking speed, the distance that you can cover." (:19)

Paige Linstead, physician assistant, OSF HealthCare

"So, 10,000 was the gold standard. It's an easy number for people to say they're going to reach. But 7,000 is sufficient for most adults. It's a good goal to help minimize health risks and improve your health." (:18)

Paige Linstead, physician assistant, OSF HealthCare

"It can improve your cardiovascular health, decrease your risk for diabetes or diabetes progression, help with stability, mobility. It can help with mental health, getting a little bit of vitamin D with the sun. Just set small goals for yourself and keep increasing as you can until you can get to that goal of 7,000 steps in a day." (:24)

Paige Linstead, physician assistant, OSF HealthCare

"Absolutely, any movement is good movement. Instead of having a sedentary lifestyle, if you can only get a couple thousand steps in a day, that can help elderly with mobility, stability, mental health, too." (:13)

Paige Linstead, physician assistant, OSF HealthCare

"I think that would be good motivation for people if they had a partner or a group to walk with. And you can walk at whatever speed you're comfortable with, the distance that you're comfortable with, but knowing that you have a support system in place." (:15)