

STEPS

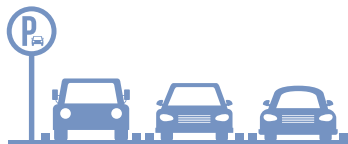
for Vascular Health



You can influence the health of your arteries and veins with one simple step — or steps, to be more precise!

500

The number of steps it takes to walk once around the block to improve blood flow to your heart, lungs and muscles.



1,950

On average, a golfer takes almost 2,000 more steps in 9 holes when walking versus riding in a cart (and you might play better too!).



7,000

The steps a person with peripheral artery disease (PAD) should take each day to improve quality of life.



1,000

Parking farther away from your favorite store may get you 10% of the way to a daily goal of 10,000 steps.



4,400

Women over the age of 65 who walk at least 4,400 steps a day reduce their risk of death by 40% compared to those taking less than 2,700.



8,000

The number of steps middle-aged adults should take each day to reduce their risk of early death by half.

Member

Society for
Vascular Surgery

 **ValleyHealth**
Vascular Surgeons

Source: Society for Vascular Surgery