

I purchased a Fitbit, but it stresses me out because I never hit 10,000 steps. What can I do?

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I am sorry that the Fitbit is stressing you. You are not alone. Though many people love using them, a growing number of doctors are reporting the same comment from their patients regarding fitness apps and trackers.

There are ways to help make this technology work for you. Keep wearing your tracker, but ignore the 10,000 step recommendation. The real goal for all people is to move more and gradually increase your daily activity.

For one week, track how many steps you are walking and average it out per day. If you are currently logging 5,000 steps per day, that's great! Next week aim for 5,100 daily.

Once you have consistently reached a goal, increase it again and again. You will be surprised how easy it is to add extra steps by doing another lap around the block, grocery store, office or mall.
