



# WALKING THE TALK:

## ARE WE READY FOR STEP-BASED PHYSICAL ACTIVITY GUIDELINES?

**October 18, 2019 | 3:30 - 4:30 | SA7008**



**Join us for a presentation by  
the 2019 Alumna of the year  
Dr. Catrine Tudor-Locke  
(BASc (BA) '85)**

Step counting is now a widespread and acceptable approach to self-monitoring physical activity, courtesy of the recent surge in wearable technologies. Cadence (steps per minute) is emerging as a reasonable indicator of walking intensity, and using step-based metrics could facilitate individuals' ability to understand and achieve a physically active lifestyle. Yet there are no recommendations for steps per day or cadence in federal physical activity guidelines in Canada or the U.S. Dr. Tudor-Locke will review current scientific evidence on several step-based

metrics and their association with health, and highlight the gaps that must be addressed for us to move towards comprehensive, step-based physical activity guidelines.