



## Native Pedometer Trekking [video transcript]

The purpose of the Native Pedometer Trekking program is to measure out three to five different-length walking trail courses in your community, around where your community is, of varying lengths and varying levels of difficulty—that means added hills and whatnot.

So, these would be measured out on a pedometer and of various lengths, for instance starting with the half-mile pedometer trek loop course that might be about a one thousand steps, which is about a half-mile. All the way up to as much as a maybe five-mile course—that might be as much as ten to fifteen thousand steps. And the purpose here is to give patients with diabetes and pre-diabetes some interest in outdoor variable-terrain activity and some choices of short, intermediate, and longer-distance courses.

And of course [for] those patients that have new onset diabetes that might be a little higher risk you would do 'level one' or 'level two' pedometer trekking courses—that means shorter distances with fewer hills. The more difficult course [is the one] with longer distances with more hills.