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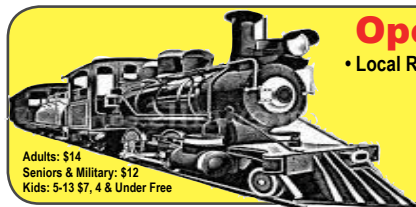


Huckleberry Press

The Community Paper of the Inland Northwest

August 1, 2024

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A Fresh New Business Using Locally Sourced Ingredients



by Robin Milligan

“Our family’s journey into the world of sourdough bread making began with a simple recipe and a shared passion for culinary exploration. Today, our home kitchen is filled with the aroma of an array of various freshly baked sourdough goods, a testament to our dedication and perseverance. Our love for this traditional bread-making method continues to grow with each successful product we make and share within our community.” – Spotted Acre Farm Goods

Spotted Acres Farm is a three-generation, family-owned business. Ivy and her husband, Austin, were gifted land next to Ivy’s mother, Angie, when they got married. They have put a lot of money into renovating the existing structure, and now they operate as one farm. They sell sourdough under the Spotted Acres Farm Goods label with a cottage license that allows them to create incredibly delicious baked goods from their home. Their daughter, Evelyn, is only two years old so she can’t help much yet, but Ivy hopes that her love of baking and sharing bread with the community will grow with her child. Ivy says, “She tags along too – this is a family business.”

“We’re fairly fresh on the ground with this business,” Ivy said. “We are trying to provide specialty sourdough products to eastern Washington. Introduce people to real bread. Only organically sourced flour, water, salt, and wild yeast go into the traditional sourdough bread. Every ingredient is carefully and locally sourced. We wouldn’t feed any-

thing to the community that we wouldn’t feed to our own family.”

Ivy used to work as a middle school science teacher. When Evelyn was born, Ivy decided to stay at home to focus on her family and on making all of their meals from scratch at home. Ivy always loved to bake and had been baking sourdough for her family for several years, never intending on making it a business. She had so many people request to purchase her homemade bread, mostly giving it away for a long time, and recently decided to take the leap into selling her hand-crafted sourdough goods to the public.

Ivy’s family has been a big inspiration for her. Her mother was a single mom most of her life. She owned several successful businesses, teaching Ivy the value of hard work and working for yourself. Her grandfather owns a chiropractic clinic in Republic, WA, and her aunt is a silversmith out of Nine Mile, WA. Ivy’s family continues to inspire her every day, setting an example of excellence for her daughter as well.

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...continued from page 1:

They grow a lot of their own food, but not enough to sell the produce. Ivy does, however, use their farm fresh eggs and other home-grown ingredients in her baking that she sells to the public, offering a little taste of the country life.

Ivy has a lot of help from her family who are her biggest fans and regular taste testers. Each recipe was created for her family to enjoy. Evelyn's favorite is the sourdough cheese crackers. Ivy says her baked goods are toddler approved.

People rave about the cookies and the scones, which always sell out. Ivy and Austin pick their own huckleberries for the scones. They have a tradition of eating their brown butter chocolate chip

cookies and milk before bed every night as their wind down ritual.

"I love to introduce people to the sweet sourdough items. Cookies and scones are not what people think of when they think of sourdough, but they are delicious. We're excited to continue to serve the community and get to know people," Ivy said. "I offer private lessons and classes on sourdough baking as well. I am happy to get our products – real food – on people's tables. We don't have a bakery location here, outside of our farm. Springdale is a small place and it is the perfect distance away from everything without being too close. We love living here."

Ivy continued: "Farmers markets are really fun because we can be more a part of the greater community. I had zero intention of

doing farmers markets when we started out."

She started by doing pop-ups in Deer Park at a strip mall, but after a month of success she had to change locations. Having a high supply of bread already made, they decided to try the farmers market in Colville. Ivy said it was a great experience and they have had a lot of repeat business.

Gabriel Cruden, owner of the Huckleberry Press walked by the Spotted Acres Farm Sourdough booth at the Colville Farmers Market last week, noting how "people crowded in as she listed off a tantalizing array of flavor combinations, doing a brisk bit of business as a result. Her sales approach seemed more of an invitation to experience rather than pressing people to buy. Flanking

helpers were clearly proud of their baker and eager to support her, exuding a surety that conveys complete confidence in a quality product."

Ivy sells her baked goods at the Colville Farmers Market, every Saturday from 9 a.m. to 1 p.m. until the end of October. Items can be pre-ordered for pickup for the following week, either by phone call or on their website.

Tuesday, August 6, they are hosting a pop-up event at The Pickett Fence coffee house, located at 24 East Crawford Street in Deer Park. Ivy is planning on having all of her delicious sourdough menu items for sale from 2 p.m. to 5 p.m.

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Huckleberry Press

The *Huckleberry Press* began in the Fruitland Valley, nestled in the shadow of northeastern Washington's Huckleberry Mountains. Since 2003, "Huckleberry Country" has expanded throughout the Inland Northwest to the 12 counties of Adams, Benewah, Bonner, Douglas, Ferry, Kootenai, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, and Whitman.

The *Huckleberry Press* is dedicated to **celebrating and connecting people with their communities** by featuring stories of people making major contributions as individuals, with new or expanding businesses, and through special, community events. Also included are small business advice, lifestyle, humor, and seasonal features. The *Huckleberry Press* is dated the 1st and the 15th of each month.

Next deadline for articles and ad space reservations: Friday, August 9 at 5 p.m.

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to give a tour of their beautiful farm which also has Appaloosa horses and African pygmy goats as residents. I'm going to be asking for the tour with my next or-

der.
 Spotted Acres Farm - Specialty Sourdough can be contacted at 509-688-9795 or www.spotted-acresfarmwa.com.

Robin Milligan is an artist and entrepreneur living in Spokane, Wa. She curates art shows, runs an IT company, and teaches ceramics and painting from her

home studio. When not working, Robin spends her time with her three children exploring nature, rockhounding, making art, and swimming.



LinkedIn Learning for Every Business in Washington



Why Every Business in Washington Should Use LinkedIn Learning

By Mark Pond

Keeping up with the Joneses is usually not a good thing. But I've found that keeping up with the latest business skills and knowledge is crucial. If you're not constantly learning new skills and business knowledge, that's a warning sign you'll want to pay attention to. But the reality is that business training can be expensive and hard to schedule for business owners. That's where LinkedIn Learning can come in, offering a treasure trove of courses on a variety of topics, from tech skills to accounting to leadership training. It's a fantastic perk for businesses in Washington and can be accessed for free through your local public library. Let's dive into why LinkedIn Learning can be a game-changer for businesses of all sizes.

LinkedIn Learning boasts more than 19,000 courses on just about any business topic. Whether you're looking to brush up on programming, learn new marketing strategies, become a QuickBooks expert or improve your team's communication skills, there's something for everyone. This is a great deal for small businesses that might not have the budget for expensive training programs. Even larger companies can benefit by ensuring all

employees, regardless of their department or location, have access to the same high-quality training.

Investing in your team's development isn't just beneficial for you and your employees' careers, it's great for your business too. Ironically, when employees see that you care about their growth, they're more likely to stick around. LinkedIn Learning offers personalized course recommendations based on job roles and career goals, helping employees take charge of their own development. This not only makes them better at their jobs, but they'll also be happier and more loyal to your company.

While loyalty is valuable, traditional business training can be a hassle, requiring time away from work and sometimes even travel. LinkedIn Learning, on the other hand, is available 24/7 online. Employees can learn at their own pace and on their own schedule; whether they're in the office, working from home, or on the road. This flexibility is especially beneficial for businesses with remote or geographically dispersed teams, ensuring everyone has access to learning opportunities without the logistical headaches.

Logistical hurdles aside, for many small and medium-sized businesses, expensive training programs just aren't feasible. LinkedIn Learning offers a budget-friendly alternative, and is even free through the local public library for businesses located in Washington.

Businesses outside of Washington, or ones that pay LinkedIn directly for this service, can expect to pay \$379.88/year per seat for between 2 and 20 employees. That adds up. Go to your local library and get set up with access for free. While free is certainly enticing, another compelling feature of LinkedIn Learning is that it continuously updates its course offerings to reflect the latest trends and technologies. This is crucial for tech-driven sectors where yesterday's skills can quickly become outdated. By using LinkedIn Learning, you can ensure your team is always on the cutting edge.

LinkedIn Learning also makes it easy for employees to share courses and insights with each other, fostering a collaborative learning environment. This can break down silos in larger organizations, and promote a culture of continuous improvement in smaller teams. When everyone is learning and growing together, it builds a stronger, more cohesive team.


Every business has unique needs, and LinkedIn Learning allows you to create customized learning paths tailored to your specific goals. Whether you're onboarding new hires, developing leadership skills, or rolling out a new product, you can curate courses for your employees that align with your objectives. This ensures your training is relevant and impactful.

LinkedIn Learning also offers courses on important topics like unconscious bias, inclusive leadership, and cultural competence. By providing these resources, you can help foster a more inclusive and equitable workplace. The platform's accessibility features, like closed captioning and transcripts, ensure that all employees, including those with disabilities, can benefit from the training. And while not every course is offered in multiple languages, there is currently content available in 13 different languages.

In a world where lifelong learning is essential, LinkedIn Learning is an invaluable resource. It offers flexible, comprehensive, and cost-effective training that can benefit businesses of all sizes.

On your marks, get set, learn!


Mark Pond, MILS, has been the Business Research Librarian with the Spokane Public Library since 2006, and, before that, worked in similar capacities for the Seattle Public Library and the University of Washington Libraries since 1998. Mark has led the effort to develop Spokane Public Library into a nationally recognized leader in the field of business research.



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Taste Budz Review: Vine Wine



By Zack & Brooklyn Bolin, Facebook: Taste Budz, Instagram: tastebudz_spokane

Zack and I have told you about Vine Wine before, back when they were still pretty new. We had the opportunity to do a follow up visit; they have not only added new food items, but new activities too.

What we enjoyed:

- ~Hummus Plate
- ~Chicken Pesto Panini
- ~Brut Rose
- ~Elysian Pilsner

We happened to stop in on their bingo night. They cross-promote with other local businesses and their evening sponsor was Keto Sweetie: a local sugar-free, gluten-free bakery we've been wanting to check out. Unfortunately, we didn't win anything but we had a great time playing, plus it was free!

Their interior is well done with places to lounge and have a drink and eat. They even



have an outdoor area, which is where we sat, and it was the perfect setting for a summer date night.

On to the food: they didn't have any hot food last time we visited but have since added paninis to their menu. We went with the chicken pesto version. The bread was crispy and the sandwich was smothered in pesto and LOADED with cheese. The chicken was tender and juicy, and they even added tomatoes for a nice pop of acidity.

We usually love to do a charcuterie board, but they had a hummus plate that we were dying to try, so we did both. They serve it with crisp, fresh veggies and delicious, crunchy pita chips. The hummus is topped with chunks of feta and drizzled with oil. We scarfed down both plates. In addition to the charcuterie and hummus board, they also offer a platter of fresh fruit and cheeses, so there's definitely something for everyone's palate.

Seeing as they are a wine bar, we obviously had to get some drinks. We started with their JP Chenet Brut rosé from France which was subtly sweet and so refreshing! We almost wanted to buy a bottle, but decided to pace ourselves.

They not only serve wine but beer and soda as well. We decided to share one beer and chose their Elysian Pilsner. They served it in a chilled glass and it was everything you'd want in a Pilsner – lots of flavor but not too hoppy.

If you are looking to become a member, you will receive special discounts on wine, a personalized glass, invites for exclusive events, and there are no annual fees!

Vine Wine has yet to disappoint. Between the wonderful customer service, delicious bites, and extensive drink menu, you are sure to have a great time.

Vine Wine, 33 N Main St. Deer Park, WA 99006, vinewine.net, 509-890-5272.

Zack & Brooklyn are a married couple that love showcasing all the fun places to play and eat in the Inland Northwest. They created Taste Budz to promote local businesses and expose people to the great restaurants all around them. Keep up with them to find your next culinary destination!



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Celebrating 50 Years of Community Impact

Submitted by the Innovia Foundation

As the community foundation serving Eastern Washington and North Idaho, Innovia Foundation partners with people who want to improve their communities and make this region better. With support from generous donors who have established charitable funds at the Foundation, Innovia annually invests \$10 million into communities through grants and scholarships.

This year, the Foundation marks 50 years of impact with "Celebrating Community," a regionwide slate of free and low-cost events taking place in every county of the Foundation's 20-county service region. The sponsored events showcase many of the treasures that make this region special: cultural diversity, parades, local musicians, art fairs, museums, carousels, historic movie theaters, outdoor recreation opportunities and so much more.

"Since 1974, community has been the driving force behind everything we do. We knew the celebration should center around the communities and people that make our region special," says Innovia CEO Shelly O'Quinn.

Events to date have included free family movie days at historic theaters in Ritzville, Dayton, Sandpoint, Moscow, Tekoa and Newport; the Cinco de Mayo celebration in Othello; the Harrington Car Show, the Expo '74 50th Celebration Pow-Wow at Spokane Falls; the Kalispel Summer Slam basketball tournament; Bonners

Ferry Kootenai River Days; and the Fourth of July Horseshoe Tournament in Washtucna.

During the next few months, look for Innovia at Chewelah's Summer Fest, a family day at the Carousel in Republic, the Festival at Sandpoint, Marcus Ciderfest, Ritzville Winterfest, and much more.

In addition to the Innovia-sponsored community events, the Foundation has launched an online calendar where individuals and organizations can submit information about celebrations and activities in their community. The calendar is open to any events within the Foundation's region that are free or low-cost, family-friendly and have a broad community appeal. Calendar entries can be submitted at innovia.org/fifty.

"This is a momentous year for Innovia Foundation as we celebrate 50 years of partnership with the people and communities of Eastern Washington and North Idaho," says O'Quinn. "We are proud to have partnered with so many caring individuals and organizations throughout the decades and look forward to embarking on the next 50 years together."

INNOVIA'S ROOTS: EXPO '74

The Foundation was formed in 1974 as Spokane was preparing to host the World's Fair. A group of concerned citizens, inspired by the change that was mobilized by the World's Fair, united around the need for a foundation that could focus on continued community re-

vitalization and generosity. That year, the Junior League of Spokane founded the Greater Spokane Community Foundation, a new entity that replaced the original Spokane Foundation, which had been established in 1915 with a single trust.

In the 1970s and 1980s, the Foundation's understanding of "community" grew, and began to reach beyond the Spokane area. Recognizing that people with common interests and concerns know best how to meet local needs, the Foundation's service region expanded to include 10 counties in Eastern Washington, 10 counties in North Idaho and 6 tribal communities.

In 2018, the Foundation rebranded from the Inland Northwest Community Foundation to Innovia Foundation to bring greater awareness and engagement around important issues in our region and the innovative impact that the Foundation creates by building connections with donors, communities, volunteers and partners across the region.

Over the past 50 years, Innovia has partnered with countless donors, nonprofits, students, local leaders and caring citizens to award over \$124 million in grants and scholarships. Today, Innovia works with community members to identify and respond to this region's greatest opportunities, help those in need, and leave a lasting impact. The Foundation's mission is to ignite generosity that transforms lives and communities and envisions a region of vibrant and sustainable communities where every person has the opportunity to thrive.

More information about Innovia Foundation's 50th Anniversary, 2024 celebrations and history can be found at innovia.org/fifty.

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Hay Season on Grandma and Grandpa's Ranch



by Amy McGarry

Most of my summer vacations included at least one trip to my grandparent's ranch. Grandma and Grandpa lived in northern Stevens County, about an hour north of Colville and just south of Northport.

They had cattle and hay fields at the base of a forested mountain, next to their big, old rickety

collecting the rows of hay and, like magic, spitting out rectangular bales wrapped tightly in twine. After the rows of hay all became rows of bales, the hard work for the men began. It was time for buckin' bales.

The tractor pulled a flatbed trailer and we'd jump onto the trailer with the balers as Grandpa headed slowly down the rows of bales. I thought the men were so brave because they could jump off the trailer while it was moving;



house. Visiting them was like stepping back in time.

Each summer, when the haying season rolled around, we packed up and drove north so my dad could help out his in-laws with the harvest. Harvesting hay into bales was a huge endeavor, but with a family of eight adult children and grandchildren of all ages to help out, Grandpa never once needed a hired hand. His sons and sons-in-law all took time away from their own jobs to get the work done. My mom and the other women had a big job in the kitchen, feeding all those mouths at lunch and dinner time.

If you were lucky enough to be too small to lift a bale of hay onto the trailer tractor, well then, it was a great, fun, adventure, once the baling began. There were always four or five of us "littles" running around and getting in the way. But the men seemed to like having us around. I think it made the work a little easier to see the joy in our faces.

First, we got to take turns sitting on Grandpa's lap and help drive the tractor pulling the baler. This was no fancy green tractor with an enclosed, air-conditioned cab. This was an old, red, rusty tractor with a seat open to the heat of the midsummer sun.

If we weren't driving, we'd watch the baler

ing; nevermind it was traveling less than five miles per hour. It was dangerous for us littles on the trailer, too. Once the men started bucking the bales onto the trailer, it became a game of dodgeball, or rather dodgebale, because the men had no patience for holding the bale any longer than necessary. Another man was responsible for pushing the bales to the front of the trailer bed and stacking them in rows about five or six high. Then, we kids had the fun of climbing the stacks of bales and sitting on the top of the stacks to make room to fill the trailer. Wearing shorts, our tender legs would get scratched to shreds, but the pain was worth it.

Once the trailer was filled, we rode back to the barn where the real fun started. A motorized conveyor angled up from the ground to the farthest reaches of the barn. Two men would place a bale of hay at the bottom of the conveyor and two men would grab the bales at the top and pile them high in the barn. Meanwhile, us little ones hitched a ride on a bale to the top and got tossed off the conveyor along with the bale. Not quite an amusement park ride, but just as fun to us!

The only thing I liked more at my grandparents' in the summer than "helping" buck bales was helping on laundry day. Grandma would roll out the washer with the wringer attached to the top and two big tubs for rinsing. I don't why, but I thought sending the wet clothes through that wringer was the funnest

thing imaginable. It took great concentration to get the fabric in close enough without getting your fingers pinched. I learned the hard way. It was mesmerizing to watch the water get wrung from the clothes, and meditative to guide the flattened fabric into the rinsing tub. The feel of the cool water and fresh smells of detergent and fabric softener were a stark contrast to the heat, dust, and pungent smell of the hay barn.

I was too short to hang the clothes on the lines attached between the garage and the apple tree, but once the sheets were hung, I found new entertainment. In the heat of the day, burying my face in the cool, damp sheets that smelled fresh and clean was a delight for my senses.

Those hay season visits to Grandma and Grandpa's were almost perfect. Swims in the creek. Walks in the forest. Sleeping outside. My only complaint was the outhouse.

Yep. They sure don't make summer vacations like they used to.

Amy McGarry grew up in Spokane Valley, Washington. After a 20 year hiatus, she moved back to Spokane Valley where she lives with her husband, daughter and two cats. She is the author of "I am Farang: Adventures of a Peace Corps Volunteer in Thailand" available on Amazon.com, Auntie's Bookstore, and Barnes and Noble.



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	7	8	1			2		
	2			7				4
4			2					9
	3					7		
			4	1	2			
		4						1
3					5			7
2				4				6
		6			7	9	2	

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 Each Sudoku has a unique solution that can be reached logically without guessing.
 Enter digits from 1 to 9 into the blank spaces.
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1	2	6	7	8	3	9	4	5
3	9	5	1	4	6	7	8	2
7	8	4	5	2	9	6	1	3
2	1	6	3	5	7	4	9	8
8	6	3	2	1	4	5	9	7
5	4	7	9	6	8	2	3	1
6	7	1	8	9	2	3	5	4
4	3	8	6	7	5	1	2	9
9	5	2	4	3	1	8	7	6

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BERRY FUNNIES

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Q: What do you call a cat with a short haircut? A bobcat.

Q: What did one ocean say to the other? Nothing, it just waved.

Q: Where does a waitress work if they only have one leg? IHOP!

Q: What do you get from a pampered cow? Spoiled milk.

Q: Why were they called the "Dark Ages"? Because there were a lot of (k)nights.

Late For a Flight

A husband and his wife were having a fight about the fact the man was going on yet another business trip to Europe while his wife had never been out of their home state. The wife asked him to at least see if she could come along and just stay in the hotel while he went to his meetings. He refused and she decided to go for the silent treatment for days before the trip. The night before his flight, the man realized he had left his phone at the office and without it, he would need his wife would need to wake him up for his flight. He wrote on a piece of paper, "Please wake me up tomorrow at 6 am." She took the paper and read it and then set it aside. The next morning, the man woke up at 9 am and missed his flight. Furious, he saw a piece of paper on the bedside table: "Wake up, it's 6 am."

Q: Why do teddy bears never eat? They're always stuffed.

Q: What is the best place to go if you are cold? The corner! It is usually 90 degrees.

Q: I told my friend 10 jokes to make him laugh. Sadly, no pun in ten did.

Q: Why are crabs so bad at sharing? Because they are all shellfish.

Q: What kind of shoes does a spy wear? Sneakers.

Q: What do you call a dog with no legs? It doesn't matter, it's not going to come to you anyways.

Q: Why are frogs always so happy? They eat whatever bugs them.

Q: What do you call a belt with a watch on it? A waste of time.

Jerry King cartoon printed with permission. www.jerryking.com



*"I want to take a different path than you, dad.
You're a workaholic. I want to be a funaholic."*

Late For Home

A sixteen year-old boy had fallen asleep at the beach, and when he woke up, he realize not only was he terribly sunburned, but he was going to be very late getting home! Already having made one mistake in the day, he went ahead and made another as he was driving well over the speed limit to get home. Sure enough, the teen was pulled over by a cop who asked, "So, just where do you think you are going in such a hurry?" "Well, officer, I am headed to a lecture about time management and the dangers of sun burns." The officer wasn't convinced and said, "Come on now. It is summer! School is out. Where are you really heading?" "Honest officer...my mom will be giving the lecture as soon as I get home."

Q: Why don't fish go on vacation? They are always in schools.

Q: Why do fish love to eat worms? Because they get hooked.

Q: What do you call a dog outside on a summer day? A hot dog.

Q: What kind of vitamins do kids love in summer? Vitamin Sea.

Q: Why do seagulls fly over the sea and not other kinds of water? Because if they flew over the bay they would be called bagels.

BBQ Advice Billing

A doctor and a lawyer were talking over burgers and beers at a BBQ. As they were talking, their conversation was constantly interrupted by neighbors and acquaintances who kept stopping by to talk their minor ailments and ask the doctor for free medical advice. After an hour of this, the exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" The lawyer smiled and him and said, "Oh, that is an easy one. I give them the advice." "Really?" replied the doctor. "Oh sure," said the lawyer. "And then I send them a bill," he added with a wink. The doctor was shocked but agreed to give it a try. The next day, still feeling slightly guilty, the doctor prepared bills for all the people who had interrupted him so many times at the BBQ. When he went to place them in his mailbox, he found a bill from the lawyer.

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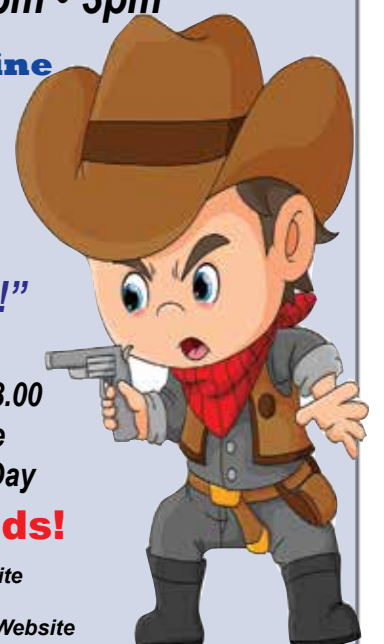
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Should You Walk Ten Thousand Steps Each Day?



by Steven Hicks

Ever since the explosion of FitBit step trackers and Apple Smartwatches hitting the market there's been a huge rallying call in the health and fitness communities about getting 10,000 steps each day. Weight loss coaches call for it, personal trainers shout 10,000 steps, even some health insurance companies will give you a rate rebate if you track steps beyond a certain benchmark.

But...where the heck did this 10,000 standard come from and is it real? How many steps *should* you walk each day?

This standard didn't actually come from the Fitbit trackers. It's a much older standard than that; 10,000 steps became a standard way back in the 1960s because of a Japanese Pedometer, the *Manpo-Kei*, which translates to "10,000 steps meter."

The reason they picked this is because the Japanese symbol for 10,000 kind of looks like a person walking, and 10,000 steps happens to be a reasonable but intentional amount of steps to walk each day. So, since they were close enough and the marketing was convenient, the world was introduced to a 10,000-step standard.

Does modern research support a marketing campaign from the 1960s?

I would say that the answer is yes and no, depending on what you care about. There are typically two reasons why people focus on their daily steps. One reason is to be healthy, and the other reason is to manage weight. (A third reason to consider: some people just like to generally get a little "better" over time, and steps is a number you can watch and improve.)

Spoiler alert: For every goal, research shows more steps is more benefit until you get into injury-producing, high levels of steps.

In research, one really easy way to measure "healthy" is longevity. Sick people tend to die earlier than healthy people, by and large. There was a research study that had pedometers on older populations and found that older adults that got in more steps each day had a lower chance of dying during the study than people who got fewer steps. An interesting thing to note – although more steps lead to higher longevity, the rate of improvement significantly slows down after 7,000 steps each day.

Although 8,000 and 10,000 and 12,000 steps each day had better

longevity than 7,000 steps, there was a diminishing rate of return. You got less additional benefit for the 1,000 steps between 7K and 8K than you did from the 1,000 steps between 6K and 8K. Benefits nonetheless, but not enough to call it the minimum standard when those additional efforts could be spent with other healthy habits (improving nutrition, sleep, strength training, etc.).

For health and longevity, 7,000 steps seems to be the gold standard minimum, with additional, smaller relative benefits gained by going above.

Now what about weight loss?

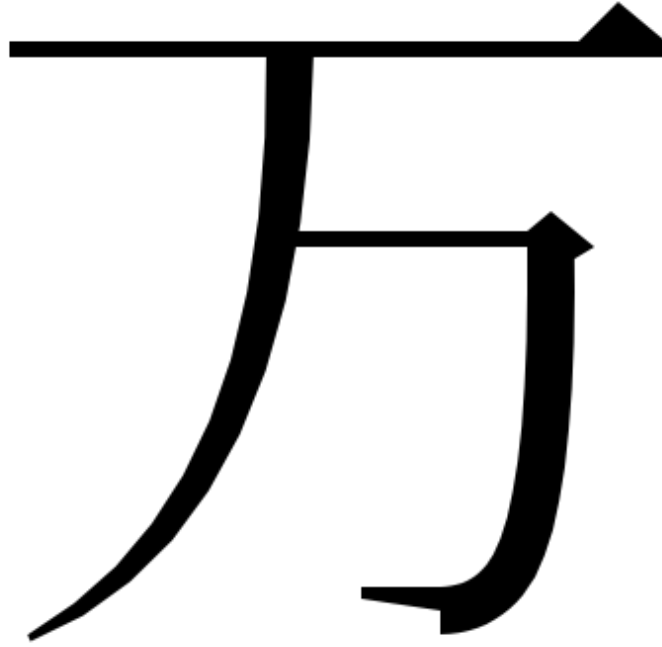
Again, research here seems to show that more steps is more weight management. In my experience as an online fitness coach, the clients that get significant weight loss all stick to a 10,000-step average. Below that, and weight loss can be a challenge. My most successful clients tend to be 12,000 and above, but I won't say that's necessary.

There was research that showed higher levels of Non-Exercise Physical Activity (NEPA) like walking, gardening, or physical work can even burn up to 3 times more calories than most common workouts. For weight management, NEPA is huge! Here I think a 10,000-step standard is very helpful.

So how many steps should YOU actually get? Let's personalize this. Across the board, research shows that more steps have more benefits. The average American office worker currently gets only 3,500 steps each day. If that describes you, then simply setting a goal of reaching 5,000 will get you more health and weight management benefits. From there, for a solid healthy minimum, the gold standard is 7,000 steps. When you can do that consistently, for more health benefits or to lose weight more quickly, bumping up to 10,000 will get you there. For the overachievers, you can even reach for 12,000 steps.

10,000 steps...it's not a one-size-fits-all standard. There's some room to play with, depending on where you are right now and what goal is most important to you.

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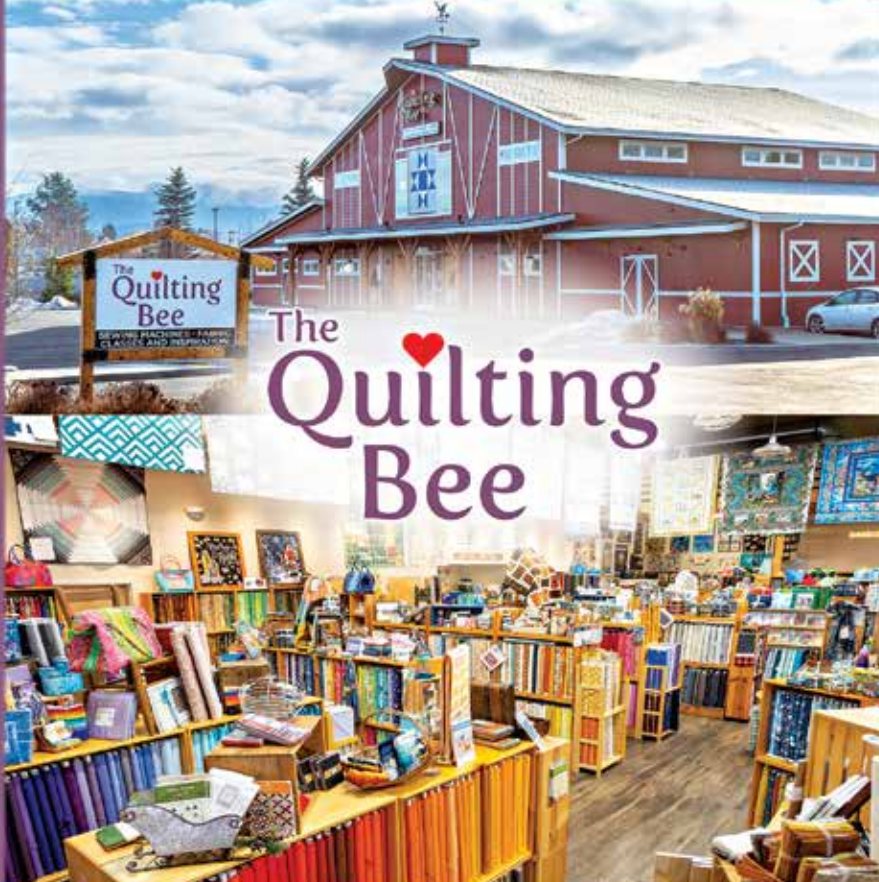
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