



# Sucré-Vail

## Wealth Advisors<sup>®</sup>

Achieving Financial Wellness without Unnecessary Risk

### 10,000 steps a day? Not so fast.

You've likely heard the adage that to be healthy, you should walk at least 10,000 steps a day. But have you ever questioned how that rule came about?

It turns out the origin of the 10,000-step goal is not health-based or scientific at all.

Back in the 1960s, a Japanese clock company launched a pedometer they called *manpo-kei*, which means "10,000 steps meter." And according to one theory, the number 10,000 was chosen because the Japanese character for 10,000 looks like a person walking.

It has me thinking about how, as research evolves and technology improves, our devices will undoubtedly keep trying to get better at tailoring all kinds of rules and advice, but it's still to your personal benefit to challenge and question these assumptions and the common rules of thumb to determine what's truly working for you. It's one of the perks of being human.

Are you using any outdated adages in your financial strategy? Perhaps it's time for a fresh take. These articles from the news this week discuss some current trends as well.

Let me know if you're curious about anything you read – and share if you like.

Thanks,

Margaret & Henry



**Margaret R Sucré-Vail, AIF® AWMA®**

Advisor

**Sucré-Vail Wealth Advisors**

Office : [888-286-9991](tel:888-286-9991)

[margaret@sucrevailwa.com](mailto:margaret@sucrevailwa.com)

[www.sucrevailwa.com/](http://www.sucrevailwa.com/)



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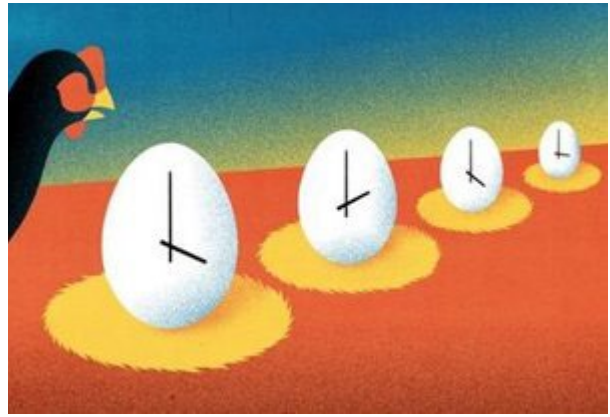
## Do you really need to take 10,000 steps a day?

June 1, 2023

THE  
GLOBE  
AND  
MAIL

The origins of the 10,000-step goal are far from scientific.

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June 2, 2023

WSJ

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June 5, 2023

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16862 Royal Crest Dr - Houston, TX.77058

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