



You have successfully registered for e-coachER!

What are the key things about this support?

- Many people like yourself, and experienced professionals have contributed to the design of this website, and we hope you find it useful.
- e-coachER is designed to support you for up to a year, but only take a few minutes each time you log on.
- To support you, e-coachER will occasionally send you some emails, but you can decide if you want additional support.
- e-coachER works best with the face to face support provided by an exercise practitioner, but they may not be familiar with the e-coachER support system.
- If you need more help with any part of e-coachER (like logging in or using the internet) then you can ask someone from e-coachER for help and support.

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e-coachER will take you through seven **'steps to health'** which will help you on your way to becoming and remaining more physically active.

You can work your way through these using the website. We will give you the steps as short sessions. A lot of people find it useful to go away and think about a step for a while so **there will sometimes be a short period of time until you are able to access the next step.**

Click next to start your first 'step to health'

Click [here](#) if you would like to find out more about the team of health experts who created this website

Click [here](#) for details about cookies and copyright

Click [here](#) for frequently asked questions (FAQs)

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Your step goal!

Now you have some information about the benefits of setting small step goals and some tips on how to achieve them, why not try bringing it together and set your own step goal? Your **Exercise Referral Practitioner** may be able to help with this.

On average, people usually walk between 2000 and 4000 steps a day, just in their everyday activities.

The aim is to increase your step count very gradually without needing to make a special effort.

Why not try setting **your own step goal** using the drop down box below?



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For the next week my goal is to walk Steps per day

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