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Steps performing live on their Christmas with Steps tour at the Manchester Apollo in December 2012
The British group Steps have recorded songs for seven studio albums (including a Christmas album), ten greatest hits and a tribute album. The band formed in 1997 after responding to an advert in the magazine The Stage, which asked for people to audition for a place in a pop band. Out of the thousands who applied, Lee Latchford-Evans, Lisa Scott-Lee, Faye Tozer, Claire Richards, and Ian "H" Watkins were successful in securing a place.[1] The techno-pop song "5,6,7,8" was released as their debut single in 1997 and was followed by their debut album Step One the following year.[2] "5,6,7,8" has been noted for being distinctly different from their subsequent releases due to its novelty line-dancing style and male lead vocals, whereas their songs thereafter are mostly sung by Richards.[2] Their songs and musical style have often been compared to ABBA but with modern and speedy sound as Pete quoted as ABBA on speed, with tracks such as "After the Love Has Gone" and "One for Sorrow" being so likened.[3][4][5] The band members have occasionally co-written some of their songs, with all of them receiving songwriting credits for "Only in My Dreams" from their first greatest hits album, Gold: Greatest Hits (2001), while a large number of songs were written by Karl Twigg, Mark Topham, Andrew Frampton, and Pete Waterman.[6] The group achieved fourteen consecutive top-five singles in the United Kingdom, including "Better Best Forgotten", "Say You'll Be Mine", "Deeper Shade of Blue", "It's the Way You Make Me Feel", and one of their two number-ones, "Stomp".[7] The group have covered a variety of well-known songs throughout their career, including their first number-one song "Tragedy" by the Bee Gees.[2] "Chain Reaction" by Diana Ross, "Too Busy Thinking About My Baby" by The Temptations, and "Better the Devil You Know" by Kylie Minogue. In 1999, Steps recorded their own versions of "I Know Him So Well" and "Lay All Your Love on Me", as well as a medley entitled "Thank ABBA for the Music" for the ABBA tribute album; they also recorded "Dancing Queen" for their second greatest hits album, The Ultimate Collection (2011), and "Story of a Heart" for their fifth studio album, Tears on the Dancefloor (2017). Steps covered a selection of Christmas classics for their fourth studio album, Light Up the World (2012). They also had some notable cover tracks for their sixth album What the Future Holds (2020) and its sequel, the seventh album, What the Future Holds Pt. 2 (2021), as well as for the number-one anthology Platinum Collection (2022). Steps covered "A House Is Not a Home" and "One Less Bell to Answer" co-written by Burt Bacharach. Steps covered "A House Is Not a Home" and "One Less Bell to Answer" co-written by Hal David. Pete Waterman has co-written many of the songs recorded by Steps. Mark Mueller co-wrote "Buzz" and "Wouldn't Hurt So Bad". Steps covered two songs written by the Bee Gees: "Chain Reaction" and "Tragedy". Diana Ross originally performed "Chain Reaction". Steps have covered numerous songs performed by ABBA, including "Dancing Queen" and "Lay All Your Love on Me". The Saturdays band member Una Healy co-wrote "Dear Santa" Ina Wroldsen co-wrote "Firely", "Happy" and "You Make Me Whole" for Tears on the Dancefloor and "Father's Eyes" for What the Future Holds. Andreas Carlsson co-wrote "Here and Now" and "Words Are Not Enough". Cyndi Lauper co-wrote "If You Believe" with Steps band member Faye Tozer. Steps covered "Last Thing on My Mind" and "Movin' On" by Bananarama. Fiona Bevan (pictured) co-wrote "Come and Dance with Me", "Neon Blue" and "Scared of the Dark" with Carl Ryden. Former contestant of The X Factor Laura White co-wrote "One Touch" "Something in Your Eyes" is a cover song originally performed by Jenny Silver. The Saturdays band member Mollie King co-wrote "To the Beat of My Heart". Sia wrote the song "What the Future Holds" specifically for Steps. Steps covered "When She Loved Me" written by Randy Newman. Key † Indicates songs co-written by one or more band members) # Indicates songs covered by Steps Name of song, songwriter(s), album or B-side, duration of song and year of release Song Songwriter(s) Album/B-side Length Year Ref. "5,6,7,8" Barry UptonSteve Crosby Step One 3:22 1998 [8] "A House Is Not a Home" #[note 1] Burt BacharachHal David Light Up the World 3:02 2012 [9] "A Love to Last" Barry UptonSteve Crosby B-side to "Last Thing on My Mind" 3:42 1998 [10] "After the Love Has Gone" Lance EllingtonKarl TwiggMark Topham Steptacular 4:35 1999 [11] "A Hundred Years of Winter" Darren HayesWalter Afanasieff What the Future Holds Pt. 2 4:41 2021 "A Million Years" G:sonJohanna JanssonPete Boström What the Future Holds Pt. 2 3:03 2021 "Baby Don't Dance" Peter CunahSimon Ellis Gold: Greatest Hits 3:51 2001 [6] "Back to You" Karl TwiggMark Topham Step One 4:04 1998 [8] "Beautiful Battlefield" Gordon PogodaGloria SklerovDavid Chamberlin Tears on the Dancefloor: Crying at the Disco 3:21 2017 [12] "Better Best Forgotten" Andrew FramptonPete Waterman Step One 3:46 1998 [8] "Better the Devil You Know" #[note 2] Mike StockMatt AitkenPete Waterman Buzz 3:48 2000 [11] "Bittersweet" † Lisa Scott-LeeJon CohenDeni Lew B-side to "Words Are Not Enough/I Know Him So Well" 3:58 2001 [13] "Buzz" Andy GoldmarkMark Mueller Buzz 3:21 2000 [14] "Chain Reaction" #[note 3] Barry, Robin & Maurice Gibb Gold: Greatest Hits 3:56 2001 [6] "Christmas (Baby Please Come Home)"(Ian "H" Watkins solo) Jeff BarryEllie GreenwichPhil Spector Light Up the World 3:04 2012 [9] "Clouds" Emma RohanGrace BarkerJez Ashurst What the Future Holds 3:55 2020 [15] "Come and Dance with Me" Carl RydenFiona Bevan What the Future Holds 3:45 2020 [15] "Dancing Queen" #[note 4] Benny AnderssonBjörn UlvaeusStig Anderson The Ultimate Collection 3:45 2011 [16] "Dancing with a Broken Heart" #[note 5] Delta GoodremVince PizzingaJohn Shanks Tears on the Dancefloor: Crying at the Disco 3:29 2017 [12] "Dear Santa" Barry StoneJulian GingellUna Healy Tears on the Dancefloor: Crying at the Disco 3:03 2017 [12] "Deeper Shade of Blue" Karl TwiggMark Topham Steptacular 4:16 1999 [11] "Don't Leave us Halfway" Christian FastMärta GrauersTania Doko What the Future Holds 3:11 2020 [15] "Experienced"(Ian "H" Watkins solo) Andrew FramptonPete Waterman Step One 3:27 1998 [8] "Father's Eyes" Arnthor BirgissonIna Wroldsen What the Future Holds 3:52 2020 [15] "Firefly" Steve MacIna Wroldsen Tears on the Dancefloor 3:26 2017 [17] "Fool for You" Carl RydenFiona Bevan Tears on the Dancefloor: Crying at the Disco 3:31 2017 [12] "Glitter & Gold" Barry StoneJulian Gingell Tears on the Dancefloor 3:36 2017 [17] "Hand on Your Heart" † Andrew FramptonClaire Richards Buzz 4:03 2000 [14] "Happy" Steve MacIna Wroldsen Tears on the Dancefloor 3:37 2017 [17] "Happy Go Lucky" Andy GoldmarkBrad DaymondAlex Greggs Buzz 3:33 2000 [14] "Have Yourself a Merry Little Christmas" #[note 6] Hugh MartinRalph Blane Light Up the World 4:16 2012 [9] "Hard 2 Forget"[note 7] Vincint CannadyJames Abraham Platinum Collection (Steps album) 3:29 2022 "Heartbeat" Jackie James Step One 4:24 1998 [8] "Heartbreak in This City" Karl TwiggStella Attar What the Future Holds 3:27 2020 [15] "Here and Now" #[note 8] Andreas CarlssonAli Thomson Buzz 3:45 2000 [14] "High" Dan OlsenChris Wahle What the Future Holds Pt. 2 3:36 2021 "History Is Made at Night" #[note 9] Marc ShaimanScott Wittman Light Up the World 4:12 2012 [9] "Hold My Heart" Isa MolinRobin Stjernberg What the Future Holds 3:47 2020 [15] "Human Touch" Karl TwiggMark Topham Buzz 4:00 2000 [14] "I Know Him So Well" #[note 10] Benny AnderssonTim RiceBjörn Ulvaeus ABBAmania 4:14 1999 [18] "I Surrender" Karl TwiggMark Topham Steptacular 3:42 1999 [11] "I Think It's Love"(Claire Richards solo) Lance EllingtonKarl TwiggMark Topham Steptacular 4:27 1999 [11] "I Will Love Again" #[note 11] Mark TaylorPaul Barry Tears on the Dancefloor 3:26 2017 [17] "If You Believe" † Faye TozerCyndi LauperJan PulsfordJasper Irn Buzz 3:52 2000 [14] "In It For Love" † Andrew FramptonClaire Richards B-side to "Last Thing on My Mind" 3:42 2012 [9] "It May Be Winter Outside" #[note 12] Barry WhitePaul Politi Light Up the World 3:04 2012 [9] "It's the Way You Make Me Feel" Jörgen Elofsson Buzz 3:17 2000 [14] "Just Like the First Time" Andrew FramptonPete Waterman Steptacular 3:28 1999 [11] "Kiss of Life" Sara Ann MathesBendik MöllerCharlie Bryce Wallace What the Futuro Holds Pt. 2 3:01 2021 "Last Thing on My Mind" #[note 13] Keren WoodwardMike StockPete WatermanSara Dallin Step One 3:04 1998 [8] "Lay All Your Love on Me" #[note 14] Benny AnderssonBjörn Ulvaeus ABBAmania 4:26 1999 [18] "Learn to Love Again" † Andrew FramptonIan "H" Watkins Buzz 3:27 2000 [14] "Light Up the World" Karl TwiggYamit Mamo Light Up the World 4:56 2012 [9] "Living in a Lie" Thomas G:sonHenrik Sethsson What the Future Holds Pt. 2 3:03 2021 "Love U More" #[note 15] Lucia HolmPaul Cannell Step One 3:38 1998 [8] "Love's Got a Hold on My Heart" Andrew FramptonPete Waterman Steptacular 3:19 1999 [11] "Mars & Venus (We Fall in Love Again)" Dane DeVillerSean HoseinJörgen ElofssonAndy Goldmark Buzz 3:50 2000 [14] "Make It Easy on Me" #[Lisa Scott-Lee solo][note 16] Mike StockMatt AitkenPete Waterman Steptacular 3:34 1999 [11] "Merry Xmas Everybody" #[note 17] Noddy HolderJim Lea The Last Dance 3:10 2002 [20] "Movin' On" #[note 18] Keren WoodwardMike StockPete WatermanSara Dallin Steptacular 3:29 1999 [11] "My Best Friend's Girl"(Ian "H" Watkins solo) Lance EllingtonKarl TwiggMark Topham Steptacular 3:40 1999 [21] "Neon Blue" Carl RydenFiona Bevan Tears on the Dancefloor 3:26 2017 [17] "Never Get Over You" † Lisa Scott-LeeRay HedgesNigel Butler Buzz 3:55 2000 [14] "Never Say Never Again" Andrew FramptonPete Waterman Steptacular 3:51 1999 [11] "No More Tears on the Dancefloor" #[note 19] Carl FalkDarren Hayes Tears on the Dancefloor 3:37 2017 [17] "One for Sorrow" Lance EllingtonKarl TwiggMark Topham Step One 4:20 1998 [8] "One Less Bell to Answer" #[note 20] Burt BacharachHal David Light Up the World 4:56 2012 [9] "One Touch" Chris WahleLaura BevanNeil Treppas What the Future Holds 3:51 2020 [15] "Only in My Dreams" † Lee Latchford-EvansClaire RichardsLisa Scott-LeeFaye TozerIan "H" WatkinsAndrew Frampton Gold: Greatest Hits 4:17 2001 [6] "Overjoyed" #[note 21] Stevie Wonder Light Up the World 3:42 2012 [9] "Parade Lost" Karl TwiggMark Topham Buzz 4:25 2000 [14] "Please Come Home for Christmas" #[Lee Latchford-Evans solo][note 22] Charles BrownGene Redd Light Up the World 2:47 2012 [9] "Say You'll Be Mine" Andrew FramptonPete Waterman Steptacular 3:31 1999 [11] "Scared of the Dark" Carl RydenFiona Bevan Tears on the Dancefloor 3:46 2017 [17] "Scared of the Dark" (Acoustic) Carl RydenFiona Bevan Tears on the Dancefloor: Crying at the Disco 4:01 2017 [12] "September Sun" Barry StoneJulian Gingell Tears on the Dancefloor: Crying at the Disco 4:19 2017 [12] "Since You Took Your Love Away"(Faye Tozer solo) Andrew FramptonPete Waterman Steptacular 4:35 1999 [11] "Something in Your Eyes" #[note 23] Erik BernholmThomas G:sonHenrik Sethsson What the Future Holds 3:02 2020 [15] "Space Between Us" Barry StoneJulian Gingell Tears on the Dancefloor 4:16 2017 [17] "Stay with Me" Craig JoinerRobert John LangeAnthony Mitman Step One 3:50 1998 [8] "Steptro"[note 24] Keren WoodwardMike StockPete WatermanSara Dallin Step One 0:56 1998 [8] "Stomp" [note 25] Karl TwiggMark TophamRita Campbell Buzz 3:21 2000 [14] "Stop Me From Loving You" † Claire RichardsIan "H" WatkinsSteve Anderson B-side to "Chain Reaction" 3:22 2001 [22] "Story of a Heart" #[note 26] Benny AnderssonBjörn Ulvaeus Tears on the Dancefloor 4:16 2017 [17] "Summer of Love" Karl TwiggMark Topham Buzz 3:52 2000 [14] "Take Me for a Ride" Mark TophamKarl Twigg What the Future Holds Pt. 2 3:44 2021 "The Runner"[note 27] Giorgio MoroderSheila Ferguson Platinum Collection (Steps album) 3:20 2022 "The Slightest Touch"[note 28] Michael JayMarvin Morrow What the Future Holds Pt. 2 3:27 2021 "This Heart Will Love Again" Andrew FramptonPete Waterman Step One 3:48 1998 [8] "Thank ABBA for the Music" #[note 29] Benny AnderssonBjörn UlvaeusStig Anderson ABBAmania 4:26 1999 [18] "To Be Your Hero" Lance EllingtonKarl TwiggMark Topham B-side to "Love's Got a Hold on My Heart" 3:40 1999 [23] "To the Beat of My Heart" Sarah ThompsonUzoachi EmemikeAnnie YvillBenjamin TaylorBrian HigginsKeir MacCullochKyle MackenzieLee VossMatthew GreyMiranda CooperMollie King What the Future Holds 3:10 2020 [15] "To the One" Hannah RobinsonBarry StoneJulian Gingell What the Future Holds 3:55 2020 [15] "Too Busy Thinking About My Baby" #[note 30] Norman WhitfieldBarrett StrongJanet Bradford B-side to "It's the Way You Make Me Feel" 2:49 2000 [19] "Too Weak to Resist"(Ian "H" Watkins solo) Andrew FramptonPete Waterman Step One 3:50 1998 [8] "Tragedy" #[note 31] Barry, Robin & Maurice Gibb Steptacular 4:31 1999 [11] "Trouble & Love" Fiona BevanCarl Ryden What the Future Holds Pt. 2 3:05 2021 "Turn Around" † Lee Latchford-EvansMichael GarvinOskar Paul Buzz 3:24 2000 [14] "Under My Skin" Rachel WalshFarley ArvidssonRachel Furner What the Futuro Holds 3:31 2020 [15] "Victorious" #[note 32] JanssonRichard EdwardsDino MedanohdziMelanie Wehbe What the Future Holds Pt. 2 3:01 2021 "Voulez-Vous" #[note 33] Benny AnderssonBjörn Ulvaeus Summer of Steps Tour — 2018 [24] "Wasted Tears" Christian FastMärta GrauersMalin Johansson What the Future Holds Pt. 2 3:40 2021 "What the Future Holds" Greg KurstinSia Furler What the Future Holds 4:27 2020 [15] "When I Said Goodbye" Karl TwiggMark Topham Steptacular 3:30 1999 [11] "When She Loved Me" #[note 34] Randy Newman Light Up the World 3:21 2012 [9] "Why?" Ina WroldsenMark Topham B-side to "Better Best Forgotten" 4:08 1998 [25] "Words Are Not Enough" Andreas CarlssonPelle Nylen Gold: Greatest Hits 3:24 2001 [6] "Words of Wisdom" Barry UptonSteve Crosby B-side to "5,6,7,8" 3:52 1997 [26] "Wouldn't Hurt So Bad" Andy GoldmarkMark Mueller Buzz 3:34 2000 [14] "You Make Me Whole" #[note 35] Ina WroldsenWayne HectorBen Kohn,Tom Barnes& Pete Kelleher Tears on the Dancefloor 3:42 2017 [17] "You'll Be Sorry" Karl TwiggMark Topham Buzz 4:06 2000 [14] "You're Everything That Matters to Me" Jackie James Steptacular 4:23 1999 [11] † "A House Is Not a Home" is a cover version originally performed by Dionne Warwick. † "Better the Devil You Know" is a cover version originally performed by Kylie Minogue. † "Chain Reaction" is a cover version originally performed by Diana Ross. † "Dancing Queen" is a cover version originally performed by ABBA. † "Dancing with a Broken Heart" is a cover version originally performed by Delta Goodrem. † "Have Yourself a Merry Little Christmas" is a cover version originally performed by Judy Garland. † "Hard 2 Forget" is a cover version originally performed by Vincint. † "Here and Now" is a cover version originally performed by Worlds Apart. † "History Is Made at Night" is a cover version originally performed by the Smash cast featuring Megan Hilty and Will Chase. † "I Know Him So Well" is a cover version originally performed by Elaine Paige and Barbara Dickson. † "I Will Love Again" is a cover version originally performed by Lara Fabian. † "It May Be Winter Outside" is a cover version originally performed by Felice Taylor. † "Last Thing on My Mind" is a cover version originally performed by Bananarama. † "Lay All Your Love on Me" is a cover version originally performed by ABBA. † "Love U More" is a cover version originally performed by Sunscreen. † "Make It Easy on Me" is a cover version originally performed by Sybil. † "Merry Xmas Everybody" is a cover version originally performed by Slade. † "Movin' On" is a cover version originally performed by Bananarama. † "No More Tears on the Dancefloor" is a cover version originally performed by AndersFahrenkrog. † "One Less Bell to Answer" is a cover version originally performed by The 5th Dimension. † "Overjoyed" is a cover version originally performed by Stevie Wonder. † "Please Come Home for Christmas" is a cover version originally performed by Charles Brown. † "Something in Your Eyes" is a cover version originally performed by Jenny Silver. † "Steptro" is a fifty-six second introduction that leads into "Last Thing on My Mind". † "Stomp" is listed as being 'A Tribute to Bernard Edwards/Nile Rodgers' in the liner notes of Buzz, and samples "Everybody Dance by Chic. † "Story of a Heart" is a cover version originally performed by the Benny Anderssons orkester featuring Helen Sjöholm. † "The Runner" is a cover version originally performed by pop group The Three Degrees. † "The Slightest Touch" is a cover version originally performed by pop group Five Star. † "Thank ABBA for the Music" is a medley of cover versions originally performed by ABBA. † "Too Busy Thinking About My Baby" is a cover version originally performed by The Temptations. † "Tragedy" is a cover version originally performed by the Bee Gees. † "Victorious" is a cover version originally performed by Lina Hedlund. † "Voulez-Vous" is a cover version originally performed by ABBA. † "When She Loved Me" is a cover version originally performed by Sarah McLachlan. † "You Make Me Whole" is a cover version originally performed by Aneta Sablik. † Akenny, Jason. 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"Official Charts Pop Gem #49: Steps - One For Sorrow". Official Charts Company. Archived from the original on 21-08-05. Retrieved 11 May 2017. † a b c d e f g h i j k l Step One (Liner notes). Steps. Jive Records. 1998. JIVE CD 438.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c d e f g h i j k l m n o Step One (Liner notes). Steps. Jive Records. 1999. 0519442.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † Last Thing on My Mind (Liner notes). Steps. Jive Records. 1998. 051849-4.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c d e f g h i j k l m n o Step One (Liner notes). Steps. Jive Records. 1998. 051849-4.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c d e f g h i j k l m n o p Buzz (Liner notes). Steps. Jive Records. 2000. 9201282.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c d e f g h i j k l What the Future Holds (Liner notes). Steps. BMG. 2020. 4050638606034.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † The Ultimate Collection (Liner notes). Steps. Sony. 2011.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c d e f g h i j Tears on the Dancefloor (Liner notes). Steps. Steps Music LLP. 2017.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b c ABBAmania (Liner notes). Various Artists. Polydor Records. 1999. 5433592.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † a b It's the Way You Make Me Feel (Liner notes). Steps. Jive Records. 2000. 9201232.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † The Last Dance (Liner notes). Steps. Jive Records. 2002. 9201502.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † After the Love Has Gone (Liner notes). Steps. Jive Records. 1999.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † Chain Reaction (Liner notes). Steps. Jive Records. 2001.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † Love's Got a Hold on My Heart (Liner notes). Steps. Jive Records. 1999.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † Hanily, Adel (13 June 2018). "What we learned at the Summer of Steps show". Ticketmaster. Retrieved 26 August 2020. † Better Best Forgotten (Liner notes). Steps. Jive Records. 1998.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) † 5,6,7,8 (Liner notes). Steps. Jive Records. 1997.{{cite AV media notes}}: CS1 maint: others in cite AV media (notes) (link) Retrieved from " National Steps Challenge" † rewards you for staying active. Start moving now and be rewarded daily! CONTRIBUTED BY Health Promotion Board We're often told we need to walk "X number" of steps every day in order to stay healthy, although most of these claims are made by people who talk the talk but can't walk the walk. With little or no scientific evidence to back up these daily benchmarks, it has until now remained unclear exactly how many times we should be putting one foot in front of the other.Yet all that has just changed thanks to a new study which finds that 7,000 steps may be the ideal target to aim for. Previously, it had been suggested that 10,000 strides was the optimal number, yet the researchers say that while the benefits of walking increase with every step we take, these gains tend to taper off once you march past 7,000. Although 10,000 steps per day, an unofficial target for decades without a clear evidence base, was associated with substantially lower risks for all-cause mortality, cardiovascular disease incidence, cancer mortality, dementia, and depressive symptoms than 7,000 steps per day, the incremental improvement beyond 7,000 steps per day was small, and there was no statistical difference between 7,000 steps per day and a higher step count for all the other outcomes." † write the study authors.To reach this conclusion, the team reviewed the results of 57 studies conducted over the past 11 years, in which health outcomes were cross-referenced against the number of steps taken per day. Study participants wore pedometers or other step-tracking devices, allowing the researchers to observe how each 1,000-step increase affected overall wellbeing. † Results showed that compared to a baseline of 2,000 steps per day, 7,000 daily steps was associated with a 47 percent lower risk of death from any cause, as well as a 25 percent reduction in the risk of developing cardiovascular disease and a 37 percent drop in the risk of dying from cancer. A 38 percent decrease in the probability of dementia was also reported, as was a 22 percent reduction in the likelihood of experiencing depression.Commenting on these findings in a statement, study author Professor Melody Ding said, "Aiming for 7,000 steps is a realistic goal based on our findings, which assessed health outcomes in a range of areas that hadn't been looked at before." †However, for those who cannot yet achieve 7,000 steps a day, even small increases in step counts, such as increasing from 2,000 to 4,000 steps a day, are associated with significant health gain," she said. Indeed, this moderate hike in daily steps was associated with a 36 percent lower risk of death.Yet while more steps generally equals better health, study author Dr Katherine Owen explained that the returns do tend to diminish once you surpass a certain point. "For people who are already active, 10,000 steps a day is great," she said. "But beyond 7,000 steps, the extra benefits for most of the health outcomes we looked at were modest." †Rather than obsessing over your footsteps, then, the researchers say you should just try to walk as much as possible. "The message that every step counts for those who are able should be emphasised as a core public health message, regardless of the specific quantitative target," they write. The study is published in The Lancet Public Health. Skip to main content Steps official website. Visit for the latest news, tour dates, browse the photo gallery, listen to Steps's music and watch videos. © Sony Music Entertainment UK Ltd. | Privacy & Cookie Policy

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