

Easy Ways To Increase Your Steps

There are many simple ways you can add steps throughout your day. Every step counts towards your good health and happiness. Think steps – anytime, anywhere.

At Home

- ?? Make the after-dinner walk a family tradition.
- ?? Walk your dog, or offer to walk your neighbor's dog.
- ?? Do a fun family challenge to see who can log the most steps in a week.
- ?? Reward your family for meeting step goals with fun activities.
- ?? Take a walk while your kids are playing sports.
- ?? Walk to your neighbor or friend's house instead of calling.
- ?? If you make a call, walk while you talk.
- ?? Start a walking club with your neighbors or friends.
- ?? Walk to the television to change the channel.
- ?? Turn off the television and do an active family activity.
- ?? Walk around your house during television commercials.
- ?? Get up and move around once every 30 minutes.
- ?? Try to take half of your goal steps by noon.
- ?? Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.
- ?? Plan active weekends (longer walks, scenic hikes, playing in the park).
- ?? Take a walk and pick up litter in your neighborhood or in a park.

On the Town

- ?? Park farther away in store parking lots
- ?? Return your grocery cart to the store.
- ?? Avoid elevators and escalators – try the stairs instead.
- ?? Walk, don't drive, for trips less than one mile.
- ?? Walk at the airport while waiting for your plane, and avoid the people movers.
- ?? Take several trips to unload groceries from your car.
- ?? Avoid the drive-through. Instead, walk inside.
- ?? Plan active vacations.
- ?? Hike some of your local trails.

At Work

- ?? Get off the bus earlier and walk farther to work.
- ?? Take several 10-minute walks during the day.
- ?? Choose the farthest entrance to your building, then walk the long way to your office.
- ?? Host "walking" meetings.
- ?? Walk to a restroom, water fountain, or copy machine on a different floor.
- ?? Take a longer route to your meeting.
- ?? Walk a few laps on your floor during breaks, or go outside and walk around the block.
- ?? Walk during your lunch break.
- ?? Walk to a colleague's office rather than calling or sending email.
- ?? Take 5-minute walking breaks from your computer.
- ?? Park farther away in the morning and when you go to lunch.
- ?? Take the stairs rather than the elevator or the escalator.
- ?? Start a break-time walking club with your co-workers.
- ?? Walk while using a speaker or cordless phone.
- ?? Get up and move at least once every 30 minutes.
- ?? Start a 10,000 step worksite program.