



WAYS TO INCREASE YOUR STEPS

AT WORK:

- 1.) Walk to the copy machine or restroom farthest from your office or workstation.
- 2.) Take the stairs instead of the elevator.
- 3.) Use at least 10 minutes of your lunchtime for walking.
- 4.) Walk while you hold a meeting.
- 5.) Instead of a coffee break, take a walk break.
- 6.) Form a walk group at work and schedule a consistent time to take a walk break.
- 7.) Deliver things to co-workers in person instead of using interoffice mail or e-mail.

AT HOME:

- 1.) Take a walk with your children instead of sitting down and watching TV with them.
- 2.) Walk around the field or court while you wait for your kids' game or practice to finish.
- 3.) Walk into a restaurant or bank and avoid using the drive-thru.
- 4.) Take a walk while waiting for your doctor's appointment or restaurant table.
- 5.) Park at the far end of the parking lot and walk to your destination.
- 6.) Walk around the outside aisles of the grocery store before beginning to shop.
- 7.) Schedule your walks in your appointment book.
- 8.) Enlist a walking partner to join you for socialization time while you walk.
- 9.) Take your dog out for a brisk walk – you both will enjoy the fresh air.