



Step Tip of the Week

Use these step tips to keep participants motivated. Send them in emails or post them in a common area.

Week specific tips

- **Week 1:** Congratulations! You've made the first "step" to a healthier lifestyle by joining the *Health District On the Move* program. Every week we will be posting an article on a specific health topic. So let's get moving! Remember ... *every step counts!*
- **Week 2:** How much better do you feel after increasing your steps this week? For additional steps, take a walk at lunch this week and get energized for the rest of the day.
- **Week 9:** Keep it up - you're over halfway there! Go out and play with the kids or the dog after work instead of watching T.V. this week.
- **Week 15:** Congratulations! You have finished the *Health District On the Move* program. We have attached more information to help you make further changes in order to live a healthier lifestyle. And remember ... *every step counts!*

Other weekly tips

- You're doing great! Have you been working on a project at your computer too long? Get up now to take a walk and add more steps to your day!
- If it's too hot/cold/windy outside, take a few laps around the mall or other indoor facility before or after work.
- For additional steps this week, walk to your coworkers office instead of using your email.
- Keep moving! Help yourself and others in your group stay motivated - hold a healthy potluck, take a group walk at lunch, share your ideas for getting more steps, etc.
- Keep up the stepping! Instead of a coffee break, try a walking break. It may give you the energy you need without the caffeine, and will help you log more steps!
- Step! Step! Step! Take the stairs instead of the elevator next week and keep on moving!

- Way to go - you're doing good things for your body! Can you schedule one of your meetings this week during a walk? The fresh air will inspire new ideas!
- You're doing great! When going out to lunch or dinner this week, walk to the restaurant if it is close by. If not, try to take a before or after dinner stroll!
- Go to www.healthinfosource.com to access local health information. This site contains a search feature and includes information on local providers, classes, etc. Check it out!
- Keep up the good work! Go for a walk this weekend with a friend or family member and do some catching-up. The activity will be refreshing.
- You're doing great! To get some extra steps in, check for local walking events in your area and sign up. Go to www.footoftherockies.com.
- You're doing an incredible job! Support your local merchants, get some fresh air, and log some extra steps this weekend by walking and shopping in Old Town.
- You're almost there! Take a walk on one of the local trails you haven't tried yet and log some extra steps.
- Keep on going! Take a walk with a friend over lunch this week.
- Keep moving! Although it's cold/hot/windy out there, parking farther away from your company's front door is an excellent way to add extra steps each day. Try it!
- Don't forget to wear your pedometer when you do your grocery shopping. Walking around the produce aisle picking out your fresh veggies is a great way to get in extra steps this week!
- You're doing great! Go to the Cinco de Mayo parade (or other local event) this weekend and walk along the parade route to get some extra steps in!