

Ways to Add Steps to Your Day

At Home

Chores, errands, playing with your kids, and walks around the neighborhood are great opportunities for adding steps to your day. Try some of these ideas:

- ⇒ Make several trips up and down the stairs to do laundry and other household chores
- ⇒ Walk into the bank rather than using the drive-thru window
- ⇒ Walk to a nearby store, restaurant, post office
- ⇒ Shovel the snow or cut the grass
- ⇒ Pace around your house while talking on the phone
- ⇒ Take your dog for a walk (or two). It's good for you and your dog!
- ⇒ Put on some music and dance or do calisthenics
- ⇒ Invite your neighbors to join you on a walk
- ⇒ Take your kids or significant other on a walk after dinner
- ⇒ Park your car farther away from the entrance of a store or restaurant

At Work

- ⇒ Park your car farther away from the entrance
- ⇒ Hold a meeting while you go for a walk
- ⇒ Pace your office while you're on the phone
- ⇒ Use the restroom, the printer, the drinking fountain, the recycling bins, etc. farthest from your workstation.
- ⇒ Designate 10 minutes of your lunch hour for a walk
- ⇒ Walk to co-workers desks to speak to them rather than sending an e-mail or calling
- ⇒ Take the stairs instead of the elevator
- ⇒ If you have a long commute home, take a short walk before you get into your car to refresh you
- ⇒ Take a stress break and go for a short walk

At Play

- ⇒ At the mall, walk around an entire wing or the entire mall even if you just need to go to one store
- ⇒ Tour a museum, zoo, or park
- ⇒ Volunteer to walk dogs for an animal shelter
- ⇒ Start a walking group in your neighborhood
- ⇒ Try a new park or a new trail
- ⇒ Throw a Frisbee or a softball with your kids, friends or significant other

Remember, other activities count toward your daily steps. So ride your bike, swim, work in your garden, ski, ice skate, do yoga, Tai Chi or Pilates, take aerobics.....