

TIPS TO GET MORE STEPS EACH DAY

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- Walk on your lunch break, or at least for part of it.
 - Get up and walk around at work for a minute or so every hour.
 - Suggest walking meetings at work.
 - Go out dancing with friends, or take a dance class.
 - Go for a walk to catch up with friends instead of sitting with a coffee.
 - Walk around when waiting on your kids to get out of school or sports practice, or walk back and forth at their games instead of sitting in the bleachers.
 - Let the lawn service go and cut your own grass.
 - Instead of a movie or games at home, spend quality family time on a walk in the local park or on a hike.
 - Park in the opposite end of the parking lot and take stairs instead of elevators.
 - Use a treadmill desk at work if you have access to one.
 - Walk your dog more often and for longer. If you don't have a dog, offer to walk your neighbors' dogs or volunteer some time at a shelter.
 - Walk your kids to the bus stop instead of driving.
 - Listen to audiobooks or podcasts for your walks and you'll want to walk longer.
 - Walk around or in place while doing chores at home, like folding laundry and brushing your teeth.
 - Put down the video games and play with your kids outside.