

Tips to Increase Your Steps

Every step counts!

Walking is a great way to keep your body in shape. It can be a fun way for you and your family to improve or maintain a healthy weight. Set a goal and increase your steps slowly. If you are not active but able, aim for 10,000 steps. Add 200–300 steps a day until you reach your goal. Try these tips to increase your steps:

At Home:

- Walk to a neighbor's or friend's house instead of calling.
- Stop using your remote control and get up to change the channel.
- Walk around during a commercial on TV.
- Walk your or your neighbor's dog.
- Take more than one trip to unload your groceries from the car
- Take the first 5,000 steps by noon each day.
- Go for a walk around the block after dinner.
- Take a walk before getting the mail.
- Wash and wax your car.
- Wash the windows.
- Mow your grass.



While Out:

- Park farther away at the grocery store or when running errands.
- Return your shopping cart to the store when you are done unloading.
- Avoid elevators — take the stairs.
- Walk on the escalator — don't just stand there.
- Carry a shopping basket instead of using a cart.

At Work:

- Walk during breaks.
- Take the long way to enter your building.
- Host “walking” sessions with other workers in your building.
- Use a copy machine or restroom farthest away from your own.
- Walk to talk with a colleague instead of sending an email.
- Park farther away in the parking lot.
- Get up to move once every 30 minutes.