

# 10 EASY WAYS TO GET YOUR STEPS IN

- 1 Take the stairs** at work, the mall, anywhere.
- 2 Take a moving break.** During your lunch break, go on a 15-minute walk around the block.
- 3 Park far away.** Every couple of hundred steps walking to and from your car adds up quickly.
- 4 Take the long way.** When you're at work and need to use the restroom, skip the closest one and take a detour.
- 5 Post-meal walk.** Put your shoes on after you put down your fork. Take a short walk after each meal.
- 6 Drink up!** All of the trips to the water cooler at work--and the restroom--will make a big dent in your day's step total.
- 7 Walking meeting.** Take your business calls on the go, or skip the conference room and have walking meetings instead.
- 8 Take extra trips.** When unloading grocery bags from the car or carrying laundry to the bedroom, try taking one more trip than needed.
- 9 Office walks.** Walk to a co-workers office instead of calling or emailing.
- 10 Set reminders.** Set a reminder on your phone that encourages you to walk a few laps around the office every hour.

