Achieve 10,000 daily steps

One of the simplest yet healthiest exercises you can do is WALKING! Here's how you can easily incorporate it into your daily routine.



- Walk your dog (if you have any) farther than usual. Feel like you don't have time to? Yes you do. Wake up earlier.
- Take the stairs, not the elevator, when possible. 4 flights up? Go for it! 8 flights up? You're my hero!
- Take walk outside on your lunch break, even if you brought food to work. Get outside for a few minutes and stroll around the block.
- Park farther away from the entrance than you usually do in parking lots.
- If you take public transportation, get off the bus or subway 1-2 stops early.
- Walk more often to a fountain or drink machine for water. (This will also help you keep more hydrated!)
- Walk for 1 hour in the morning or evening. Waking up can be hard, but this is just walking - nothing strenuous! You can do it.
- If something - anything - you need is 5 minutes or less in walking distance, why drive there? Walk.
- Do you have multiple grocery bags loaded in your car? Good! Walk each bag individually into the house. Back and forth to the car.
- Do you stand much of the time at work? If the answer to that is YES, you can step in place, like a stationary marcher. It might sound silly, but even this helps.
- Feeling full after a dinner? Take an easy night stroll to walk it off.
- Instead of emailing or calling a co-worker, why not walk over to their desk to chat in person?
- When you're on one of those long-winded phone calls with family/friends, walk some circles around the house. You'd be surprised how much it adds up!
- ***The point is this - adding more steps to your day is not a difficult task. You simply must put the lazy mindset aside and just get to it.***

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