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Easy Ways To Increase Your Steps

There are many simple ways you can add steps throughout your day. Every step counts towards your good health and happiness. Think steps – anytime, anywhere.

At Home

- Make the after-dinner walk a family tradition.
- Walk your dog, or offer to walk your neighbor's dog.
- Do a fun family challenge to see who can log the most steps in a week.
- Reward your family for meeting step goals with fun activities.
- Take a walk while your kids are playing sports.
- Walk to your neighbor or friend's house instead of calling.
- If you make a call, walk while you talk.
- Start a walking club with your neighbors or friends.
- Walk to the television to change the channel.
- Turn off the television and do an active family activity.
- Walk around your house during television commercials.
- Get up and move around once every 30 minutes.
- Try to take half of your goal steps by noon.
- Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.
- Plan active weekends (longer walks, scenic hikes, playing in the park).
- Take a walk and pick up litter in your neighborhood or in a park.

On the Town

- Park farther away in store parking lots
- Return your grocery cart to the store.
- Avoid elevators and escalators – try the stairs instead.
- Walk, don't drive, for trips less than one mile.
- Walk at the airport while waiting for your plane, and avoid the people movers.
- Take several trips to unload groceries from your car.
- Avoid the drive-through. Instead, walk inside.
- Plan active vacations.
- Hike some of your local trails.

At Work

- Get off the bus earlier and walk farther to work.
- Take several 10-minute walks during the day.
- Choose the farthest entrance to your building, then walk the long way to your office.
- Host "walking" meetings.
- Walk to a restroom, water fountain, or copy machine on a different floor.
- Take a longer route to your meeting.
- Walk a few laps on your floor during breaks, or go outside and walk around the block.
- Walk during your lunch break.
- Walk to a colleague's office rather than calling or sending email.
- Take 5-minute walking breaks from your computer.
- Park farther away in the morning and when you go to lunch.
- Take the stairs rather than the elevator or the escalator.
- Start a break-time walking club with your co-workers.
- Walk while using a speaker or cordless phone.
- Get up and move at least once every 30 minutes.
- Start a 10,000 step worksite program.