



## Ways to REACH 10,000 Steps!

- 1 Pacing**  
Instead of standing/waiting/talking/watching TV (Netflix binging), pace the room at the same time. When there's a commercial break, do some marches or stretch. Instead of fast forwarding commercials on your DVR, get the body moving during this time frame.
- 2 Cleaning**  
Vacuum, wash your car, do your laundry standing and put the laundry away.
- 3 Washing**  
Walk one item from the machine to the clothes line at a time (you'll be surprised how many steps this can add!)
- 4 Phone Calls**  
Make sure to take the call on your mobile so you can walk and talk. One 30-minute phone call is worth more than 1,800 steps. Use hands-free speakers and you'll be amazed how many steps add up!
- 5 Coffee Dates**  
Instead of sitting in a cafe, make them a walking date.
- 6 Play at the Park**  
While the kids play, you can walk the perimeter, or add a swing set work out!
- 7 Take an Extra Lap**  
Before you hit the check-out line at the grocery store, walk through the aisles one more time. At a rate of 67 steps per minute, grocery shopping might buy you as many as 600 steps—plus, you probably forgot something anyway!
- 8 Parking**  
Park in the furthest spot from the shops, instead of the closest.
- 9 Avoid Escalators & Elevators**  
There don't seem to be as many stairs anymore, but if there are, find them and use them!
- 10 Don't Hit Send**  
Before you fire off that e-mail to your coworker who sits down the hall, consider the fact that you'll earn 61 steps per minute if you walk over to talk to her!