



Stepping It Up

Walking is one of the most effective ways to improve your aerobic fitness and get into better shape. Taking 10,000 steps a day is the equivalent of walking 5 miles. Sometimes it is taking the first step that is the hardest when you are starting a physical activity program or routine. But once you have made the commitment to walk more frequently—how do you increase your steps per day? Consider the following tips for getting more steps into your daily routine:

At Work

- Walk to work.
- Take the stairs.
- Stop by a coworker's office rather than using the phone or sending an e-mail.
- Use the restroom further down the hall or on another floor.
- Stretch your legs by walking during your breaks or lunch hour.

At Home

- Take an after dinner walk.
- Walk out to check your mailbox.
- Take your dog for a longer walk.
- Walk your kids to the bus stop or to school.
- Walk to the park with your kids.

Out and About

- Find a parking spot at the back of the lot or on the opposite side of the store.
- Park at one end of the mall and walk to the other.
- Park in a central location and walk between stores when running errands.
- Skip the drive-thru window and walk into the bank or restaurant.
- Take the bus downtown and walk around.
- Take walking tours when visiting somewhere new.
- Visit the zoo or a museum.