



Healthy Living Series

ADDING STEPS

On those busy days when you don't have time for a long walk or full workout, try these simple yet effective ways to get some extra steps throughout the day.

1. **Park Farther Away:** Next time you're heading to the store or office, intentionally park a bit farther away. Those extra steps add up quickly! Bonus points if you're able to walk or bike to your destination instead of driving.
2. **Walking Meetings:** Instead of sitting down for your next work meeting, why not invite your colleagues to head outside for a leisurely stroll instead? This can apply to meetings with other groups/clubs too!
3. **Move While Waiting:** During TV commercials or while you're waiting for the oven, spend a few minutes walking in place or doing some bodyweight exercises like squats, pushups, or situps.
4. **Phone Walking:** If you're on a phone call, use it as an opportunity to walk around. You'll be surprised at how much ground you can cover without even realizing it. Better yet, schedule regular "walking calls" with a friend or family member!
5. **Take the Stairs:** Skip the elevator and opt for the stairs if you're able. Whether at work or in your apartment building, climbing stairs is a great way to get your heart pumping and strengthen your leg muscles.
6. **Family Fitness:** Turn family time into active time. Plan weekend hikes, bike rides, or even a friendly game of frisbee in the park.

What ideas do you have for adding a little more movement into your daily routine? Remember, every bit of movement is a STEP toward better health!