

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK ONE-Personal Exercise: Increase your daily Steps

We know movement is good for us, yet it can seem like a daunting task to get 10,000 steps a day. A study done by Purdue University in 2010 showed the average American gets less than 5,000 steps a day! So how in the world are you going to double that??? Well here are some helpful hints to increase your success!

From Prevention: 15 ways to 10,000 steps a Day without exercising More!

1. Park: Park farther away and walk into the store/work/building
2. Take the stairs
3. Yard work: Do your own yard work, shovel your driveway, rake the lawn, mow the lawn the steps add up!
4. Don't be so efficient: At the grocery store get the items on your list in the order they are written – or take an extra lap around the store.
5. Walk: Walk your dog or go for a daily walk. 1 mile is about 20 minutes worth of walking and 2000 steps! You can break those 20 minutes up any way you want.
6. Walk your kids to the bus stop or school. Walk to local establishments instead of driving
7. Don't Hit Send: Don't call or email a colleague get up and walk to their office to talk
8. Reminders: Set a remind to get up and walk or walk in place every hour
9. Pace: if you are on the phone walk around while talking. You may be surprised how many extra steps you can rack up while walking and talking.
10. Make the most of the bathroom: don't use the one closest to you, walk to the one around the corner or the next floor up. In the mornings walk in place while brushing your teeth.

Exert from: <http://www.prevention.com/fitness/15-ways-to-get-10000-steps-a-day-without-exercising-more/slide/8>

Helpful Fitness Apps or technology

- My fitness Pal
- Stepz
- Fit bit
- Pacer
- Wokamon

