Easy Tips for get more steps

It only takes about **5 minutes** to accumulate **500 steps**... Check out these easy ideas.

**At work:**
- Walk over to speak with co-workers face to face vs sending email
- Having a “walking meeting”
- March in place while talking on the phone
- Get off the bus 1 or 2 stops early
- Set an alarm on your phone to get up and walk a few minutes every hour
- Drink a lot of water (This means more frequent trips to the bathroom!)
- Take the stairs whenever possible
- Manage stress by going for a walk at lunch or go to the gym
- Schedule team walks at lunch

**At Home:**
- While watching TV, get up and walk during commercials
- Go for a walk after dinner with your kids, partner, or friends
- Walk on a treadmill or in a mall if the weather is bad
- Walk your dog (or someone else’s dog)
- Walk with your kids to school, to a friend’s house or “play” with your kids at the park
- Park far away from any front door
- Join a walking/running club in your community
- Listen to music or audio book while walking
- Go for a hike in a local park
- Walk to a nearby grocery store