

Healthy Tips

Walking offers many health benefits! Here are some easy ways to increase your step count throughout the day!

1 Walk and Talk

Stand up and walk around when you talk on the phone! Pacing back and forth while talking is an excellent way to increase your step-count!

2 Set Alarms

Set alarms or reminders for every 30 to 60 minutes to get up and move. Even just taking a lap around the office can be refreshing.

3 Park Far Away

I know we always like to park close and run in and out of the store, but try taking some extra steps next time you get groceries!

4 Track Activity

Invest in a fitbit or pedometer to keep track of how many steps you take in a day. You may be surprised!

5 Take the Stairs

Walking up and down stairs not only burns calories but strengthens bones and muscles too!

Get More Steps!