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!

Call (607)737-2028 x 73483 for the code to the stairs.