



Easy ways to 10,000 steps a day



Study after study has proven the health benefits of walking. Not only does it reduce the risk for health problems such as heart disease and diabetes, it also helps prevent bone loss, reduces stress and improves sleep. Brisk walks even help with weight management. What's more, it's a great way to get the American Heart Association's recommended 150 minutes of moderate physical activity a week.

People who take 10,000 steps a day (about 5 miles) are considered active. Getting there doesn't have to be hard. With just a few changes to your daily routine, you can be one of them, too. Here are some easy ways to add extra steps to your day.

Goal: 1,000 extra steps

- Park in the furthest away spot, take the stairs instead of the elevator, walk to a colleague's office instead of emailing, and use the restroom furthest from your desk. These extra steps add up!
- Set a reminder on your phone to get up and walk for five to 10 minutes every hour.
- Take a brisk walk around the block when you get to the mall or when you arrive home.
- Pick a few activities, like brushing your teeth or folding laundry, and march in place while you do them.



Goal: 2,500 extra steps

- Walk to work or walk your kids to school. Get some steps early in the day! If you can't walk to work, get off public transportation a stop early and walk the rest of the way.
- Keep a pair of sneakers under your desk and spend 20 minutes of your lunch break walking briskly outside.
- Hold walking meetings. Brainstorm with colleagues on walks instead of in a conference room.
- Take the dog out. Walk your dog once or twice a day. Aim to walk at least a mile.

By setting short-term goals, such as taking an extra 1,000 steps daily for one week, you'll build up gradually and before you know it you've hit your stride and 10,000 steps a day.