



## Adding More Steps into Your Day

Walking is one of the best ways to incorporate more exercise into your daily routine. The benefits of walking include:

- Increased energy, improved mood, and reduced stress
- Decreased risk of heart disease, stroke, diabetes, and cancer
- Improved muscle tone and fitness

Consider these ways to add more steps into your day:

- Schedule a long walk before breakfast or dinner a few times a week.
- If you walk as part of your daily exercise routine, create a backup plan for inclement weather (such as walking at the local mall). Another option is to switch things up by doing yoga or strength training.
- Walk to errands near your home or office when feasible.
- Add more steps to shopping trips or appointments by parking at the back of the lot. If you are going to multiple locations within walking distance of each other, park in one central spot and walk to each of them.



- Take the stairs rather than the elevator whenever the option is available.
- Ask colleagues if they would like to have occasional “walk and talk” meetings. Keep in mind that some colleagues may have mobility issues that could make this impractical.

If you aren't used to walking on a regular basis, it may be best to start with shorter walks at first. As you become more comfortable, gradually increase the number of extra steps you work into your day.

Remember that stretching is important, too! Stretch at the start of the day and after long walks.

LifeMatters can offer more suggestions for increasing how much you walk each day. Call 24/7/365.

## 1-800-634-6433

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