

10 Easy Ways To Get to 10,000 Steps

Have you ever wondered why there is so much hype around reaching 10,000 steps? Walking is a form of exercise that suits many different fitness levels and can be done almost anywhere. No wonder the American Heart Association has endorsed this trend as being a way to improve blood pressure and cholesterol levels!

If you are new to walking for exercise, ease into it. Talk with your healthcare provider to determine a good starting point for your step goal, and then work forward from there. You can track your step count with a fitness watch or smartphone app.

Ready to get started? Here are 10 tips to help you reach your step goal.

1. **Take the stairs.** Walking up the stairs instead of taking the elevator can add steps to your overall count. If you work on a higher level floor, get off the elevator early, and walk up the rest of the way.
2. **Take a brain break.** Studies show that productivity can increase when you give the brain a break every hour. Take a lap around the office!
3. **Park farther away.** Running errands? Pile on those steps by parking farther away from the building.
4. **Get off the bus or train one stop early.** If safe and feasible, walk the extra half mile to work.
5. **Take a walk after dinner.** In addition to adding to your step count, it can help manage blood sugar levels!
6. **Don't press send.** Add to your step count by skipping the email and sharing your message in person instead.
7. **Go hands-free.** Use a headset to take a walk while on a conference call. A 30-minute walking call could add up to 1,800 steps!
8. **Walk the dog.** Don't just let your dog out in the backyard. Exercise with him by taking a brisk lap around the neighborhood.
9. **Break it up.** Think of your step goal in 2,000 step chunks to make it more manageable. Aim for 2,000 steps before work, before lunch, after lunch, mid-afternoon, and after dinner.
10. **Wear the right shoes.** Comfortable and supportive sneakers are important for staying injury free while walking. Read recommendations online, or ask a specialist to find the best fit for you.

