Tips to build more steps into your day

**AT HOME**

- March in place during the commercials when you are watching TV
- Walk around the house when talking on the phone
- Start a walking group in your neighborhood
- Catch up on the day's events with your family on an after-dinner walk
- Make several trips up and down the stairs when doing laundry and other household chores

**AT WORK**

- Get off the bus a stop or two early and walk the rest of the way
- Visit the restroom on the far side of the building or on a different floor
- Forget the drive-thru window and walk into the bank or restaurant
- Refill your coffee cup at the machine farthest from your workstation
- Designate 10 minutes of your lunch break for a quick walk
- Walk to your co-worker’s desk to speak with them as opposed to sending an email
- Park in a lot that is farther away from your building
- Hold a walking meeting
- Ask a co-worker to join you on a walk before or after work
- Print to the printer that is farthest away from your workstation
- Meet a friend for lunch at a restaurant within walking distance
- Take a 15-minute break during a stressful part of your day and go for a walk
- Avoid elevators, take the stairs instead

**AT PLAY**

- Walk through the mall for some window shopping
- Volunteer to walk dogs for an animal shelter
- Go golfing without the golf cart
- Take a hike on a nature trail at one of Ohio’s many parks
- Experience the sunrise with an early morning walk
- Walk around the field while watching your child’s sporting event
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