



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

Tips to build more steps into your day



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



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

