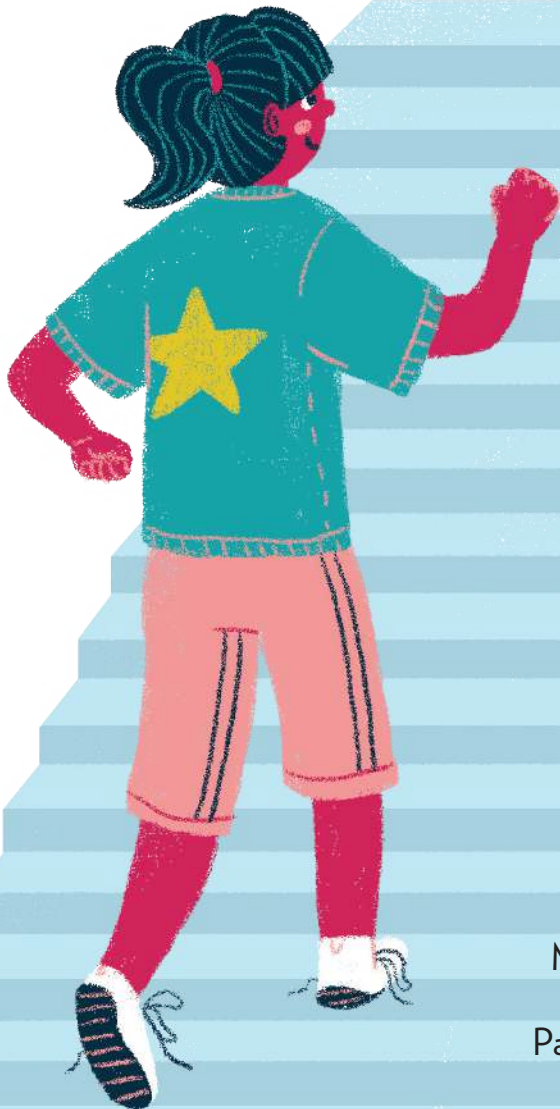


Tips for Adding Steps to Your Day



Go window shopping at the mall.

Mow the lawn with a walking mower.

Park in the back row of the parking lot.

Walk to yard sales to shop for bargains.

Tour a museum, zoo, or nature preserve.

Choose the stairs instead of the elevator.

Walk with a friend during your lunch break.

Volunteer to walk dogs for an animal shelter.

Play a round of golf but pass on the golf cart.

Use the restroom farthest from your desk at work.

Pace around the house while talking on the phone.

Meet a friend for lunch at a restaurant you can walk to.

Pass the drive-thru and walk into the restaurant or bank.

Circle around the block once before bringing in the mail.

Put the remote in a drawer. Get up to change the channel.

Walk on short errands, such as a nearby store, post office, or dry cleaner.

Get off the bus or subway a stop before you need to and walk the rest of the way.

Set an alarm to go off every hour or two. Get up and move, even if just down the hall and back.

Intentionally make extra trips up and down the stairs while doing laundry and household chores.

Instead of e-mailing or calling a coworker, walk down the hall and have a face-to-face interaction.

ILLUSTRATION BY TERRI SCOTT