







TIPS ON WALKING

-  Get a pedometer to count your steps or there are also free fitness apps for your smartphone that can count your steps for you
-  Choose the stairs instead of the elevator
-  Bring your sneakers to work and go for a walk during your lunch break, by yourself or with a work buddy
-  Walk around the mall / store before you go inside to shop
-  Walk your kids to school
-  Park farther away from your office and walk the rest of the way
-  Walk to your friend's house
-  Walk to nearby store for small purchases
-  Walk around your neighbourhood
-  Get off the bus a few stops early and walk the rest of the way to your destination
-  Get a dog and walk it daily



SET A GOAL



or

10,000
steps a day