America on the move
Steps to a Healthier Way of Life℠

100 Ways to Add 2,000 Steps

It's not just what we eat that's important, but also how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn, you can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2,000 steps and reducing 100 calories each day you'll see how easy it is to achieve the energy balance that can stop weight gain.

Small changes in your daily activity can quickly add up to 2,000 extra steps or more! No one tip, by itself, will equal 2,000 steps, but selecting a few each day will get you well on your way!

AT HOME:

Neighborhood walks, chores, and errands are great ways to add steps.

1 Circle around the block when you go outside to get your mail

2 Walk the outside aisles of the grocery store before shopping

3 Walk the track at a nearby high school—four laps is roughly 2,000 steps

4 Make several trips up and down the stairs doing laundry or other household chores

5 Pass by the drive-thru window and walk into the bank or restaurant

6 Stroll the halls while waiting for your doctor appointment

7 Listen to music or books on tape while walking

8 Invite friends or family members to join you for a walk

9 Accompany your kids on their walk to school

10 Take your dog for a walk

11 Start a walking club in your community

12 Walk to a nearby store, post office, or dry cleaner to accomplish errands

13 Benefit a good cause by joining a charity walk

14 Walk to your place of worship for services

15 Mow the lawn

16 Walk around your house while talking on the phone

17 Buy a walking video so you can get in your steps on rainy days

18 Experience the splendor of a sunrise on an early morning walk

19 Observe your neighbors' landscaping and gardens while you walk—incorporate your favorites in your own yard

20 Walk to a friend's house for a visit

21 Try retro walking—walking backwards more evenly distributes your weight

22 Keep a walking journal, note steps and how you feel afterwards

23 Focus on distance over speed—it's better to get in more steps at a comfortable pace than to burn out quickly

24 Walk on a treadmill on rainy days or when dark

25 March in place while watching TV

26 Reverse your walking routine—start where you usually end

27 Boost the results of your walk by using trekking poles

28 Catch up on the day's events with your family on an after-dinner walk

29 Take a walk a few hours before bed to sleep more soundly

AT WORK:

Adding steps to your workday can help you reduce stress and stay alert.

30 Walk before your morning commute—you'll energize yourself for the day

31 Get off the bus early and walk the rest of the way

32 Walk to work if you live close enough

33 Refill your coffee cup at the machine farthest from your workstation

34 Visit the restroom on the far side of the building

35 Hold a meeting while you go for a walk

36 Avoid elevators and escalators—take the stairs instead

37 Park in the far reaches of the parking lot

38 Escape the stress of a difficult day by excusing yourself for a walk

39 Walk to a nearby store to buy a treat for your co-workers

40 Designate 10 minutes of your lunch break for a quick walk

41 Start an office walking club

42 Ask your co-workers to join you on a before- or after- work walk

43 Walk to co-workers' desks to speak to them instead of sending an email

44 Create a step competition with co-workers— see who can get the most steps in a day

45 Encourage your co-workers to join you on walks during breaks

46 Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift

47 Shake off the effects of your evening commute by walking before dinner

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100 Ways to Add 2,000 Steps continued...

AT PLAY:
Whether your leisure time is for physical activity or not, there are plenty of ways to add more steps.

48 Walk around the campus of a nearby college or university

49 Walk at the mall and do some window shopping

50 Take the long route when browsing at a mall—don't visit the stores sequentially

51 Join a water walking class—the natural resistance of water strengthens muscles

52 Tour a museum, zoo, or nature preserve

53 Circle a swap meet or craft show before selecting your purchases

54 Take up photography—walk at a scenic location while hunting for photo opportunities

55 Sign up for a community 5K or 10K walking/running event

56 Hike on a wilderness trail

57 Vary your pace—start slowly, increase your speed, include short bursts of speed walking and cool down with a slower pace at the end

58 Strap masking tape around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall

59 Drive to a new walking trail and explore the different scenery

60 Contact your local visitor's bureau or historical society and sign up for a walking tour

61 Volunteer to walk dogs for an animal shelter

62 Organize a community clean-up day and designate areas of the neighborhood for teams to remove debris

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

64 Plan a picnic with friends and family and go for a walk after your meal

65 Seek out garage, yard, or estate sale bargains while walking in your neighborhood

66 Explore nature by keeping a field guide handy when walking

67 Skim the newspaper for upcoming events you can walk to, such as a garden tour, high school play, or a concert in the park

68 Walk around the restaurant or parking lot while waiting to be seated

69 Drive to a neighboring community and tour its main street on foot

70 Reward yourself for step accomplishments—every time you reach your step goal for the day put a dollar in a jar and save for a special reward

71 Take a step aerobics class

72 Spend a day at the beach and walk the shoreline

73 Watch birds while walking, especially during fall migration

74 Get lost in a corn maze (many are set up during autumn)

75 Entice your kids to join you by turning a walk into a scavenger hunt

76 Stroll around the field while watching your child's sporting event

77 Play a round of golf but pass on the cart

78 Instead of talking on the phone with a friend, meet for a walk and talk

79 Walk with your kids to the local park

VARIETY IS THE SPICE OF LIFE:
Other activities can count toward daily steps too.

80 Sign up for a water aerobics class

81 Join a beach or indoor volleyball team

82 Play America's favorite pastime—baseball or softball

83 Hit the tennis courts

84 Dance the night away at a club

85 Don't forget the household activities, such as scrubbing floors and vacuuming

86 Weed, hoe, rake, and prune—gardening is an everyday way to be more active

87 Paddle away calories on a raft, kayak, or canoe trip

88 Tour a local trail by bike

89 Try in-line skating on your neighborhood's sidewalks

90 Take a judo or karate class

91 Swoosh down the slopes—try downhill skiing

92 Snowshoe over hills and drifts in the colder months

93 Ice skate at a local ice rink

94 Enjoy the calm of nature while cross-country skiing on a trail

95 Swim laps in a pool—vary your stroke for the best results

96 Dive into a lake, river, or ocean for some summertime fun

97 Join a Tai Chi or yoga class for flexibility and relaxation

98 Sign up for an aerobics session

99 Water-ski over the waves

100 Ride your bike to accomplish errands such as going to the library or depositing your paycheck

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