

# Ideas to help you move more.

- Park farther away and walk to the farthest entrance.
- Pay inside instead of paying at the pump.
- Take another lap after you've finished shopping.
- Walk your dog every day.
- Take a lap around the airport terminal during a layover.
- Take the stairs.
- Return the shopping cart all the way into the store.
- Get off the bus a stop or two before your stop and walk.
- Pace when waiting for meetings to start.
- Walk to a coworker's office and talk to them instead of calling.
- During TV commercials, walk around the house.

# Walking steps equivalents.

**1 mile** = 2000 average steps

**1 block** = 200 average steps

**10 minutes of walking** = 1200 steps on average

**Bicycling or swimming** = 150 steps for each minute

Strive for 10,000 steps each day, but every step counts.

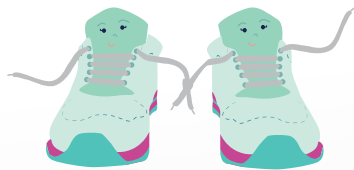
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# Every step counts. So count every step.

- Challenge yourself to take at least 10,000 steps every day!
- Want a new pair of shoes? Try wearing out the ones you have!
- Challenge a friend to see who can take more steps in a day or week!
- How many steps make a mile? Find out!
- Track your steps this week. Then try to beat it next week!
- Take your dog for a walk every day.
- See how many steps you can take during TV commercials.
- Walk to school whenever it's safe to do so.
- At the mall? Take another lap before you leave.
- Always take the stairs.
- Don't just walk. Skip, jump rope, hop or do jumping jacks!



## How many steps does it take?



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1 block = 200 average steps

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