

Walking is one of the best ways to incorporate more exercise into your daily routine. The benefits of walking include:

- ▶ Increased energy, improved mood, and reduced stress
- ▶ Decreased risk of heart disease, stroke, diabetes, and cancer
- ▶ Improved muscle tone and fitness

Consider these ways to work more steps into your day:

- ▶ Park at the back of a parking lot so that you have to walk farther to reach your destination. If you are going to multiple locations within walking distance of each other, park in one central spot and walk to each of them.
- ▶ Take the stairs rather than the elevator whenever the option is available.
- ▶ If everyone in the group agrees, have a “walk and talk” meeting with colleagues. (Keep in mind that some colleagues may have mobility issues, so ask before scheduling.)
- ▶ Walk to errands near your home or office (when feasible).
- ▶ If you walk as part of your daily exercise routine, create a backup plan for inclement weather, such as walking at a mall or gymnasium.
- ▶ Schedule a long walk before breakfast or after dinner a few times a week.

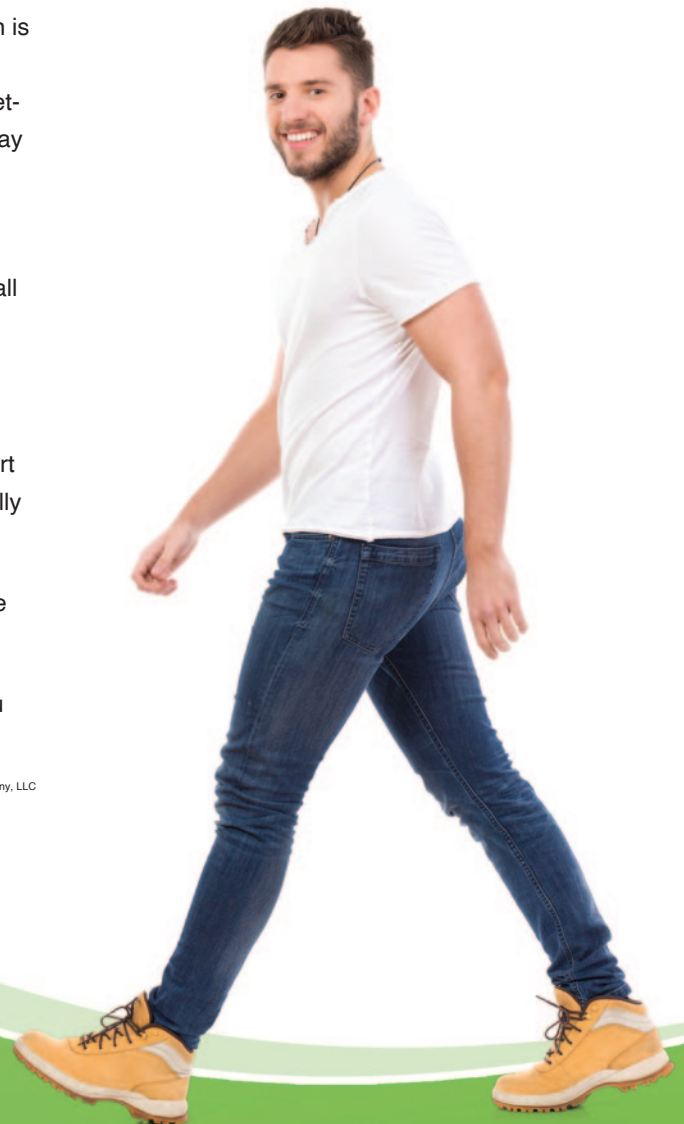
If you aren't used to walking on a regular basis, it may be best to start with shorter walks at first. As you become more comfortable, gradually increase the number of extra steps you work into your day.

Remember that stretching is important, too! Stretch at the start of the day and after long walks.

LifeMatters can offer more suggestions for increasing how much you walk each day. Call 24/7/365.

Source: The Staywell Company, LLC

Adding More Steps into Your Day



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