



Chester County

A Community Health Initiative

100

WAYS TO ADD 2000 Steps

It's not just what we eat that's important but 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 in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2000 steps and reducing your calories by 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 will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas. No one tip will equal 2000 steps but selecting a few of your favorites each day will get you well on your way!

AT HOME

Household chores, neighborhood walks and errands are great opportunities for adding steps. Try these ideas for increasing your walking:

- 1** Circle around the block once when you get your mail
- 2** Walk the outside aisles of the grocery store before shopping
- 3** Walk around the high school track 4 times. 4 laps equals approximately 2000 steps
- 4** Make several trips up and down the stairs for chores
- 5** Pass by the drive through, park and walk into the bank
- 6** Stroll the halls while waiting for your doctor's appointment.

- 7** Listen to "books on tape" while walking
- 8** Invite friends on your walks to make it more fun
- 9** Mow the lawn more often
- 10** Accompany your children on their walk to school
- 11** Take your dog for a walk instead of letting them in the yard
- 12** Start a walking club for accountability
- 13** Walk to the nearby stores to accomplish errands

- 14** Catch up with your spouse or children over a walk after dinner
- 15** Walk to your place of worship
- 16** Pace around your house while talking on the phone
- 17** Buy a walking DVD to get your walk in on a rainy day
- 18** Experience a sunrise on an early morning walk
- 19** Trigger your imagination but "smelling the roses" of gardens as you walk by. Remember, the walk doesn't have to be fast
- 20** Walk to your friends house instead of driving

- 21** Try walking backwards to work different muscles
- 22** Focus on distance instead of speed
- 23** Keep a walking journal of your energy as a motivator
- 24** Walk on a treadmill when it's raining or dark
- 25** March in place while watching your TV shows
- 26** Push the cart all the way back to the store after unloading at the car
- 27** Walk further by using trekking poles
- 28** Benefit a good cause, join a charity walk
- 29** Sleep more soundly by taking a walk before bed

AT WORK

Adding steps at work can help reduce stress and stay alert

- 30** Go for a walk before work to store up some energy
- 31** Exit the bus early
- 32** Walk to work if you live close enough
- 33** Refill your coffee cup at the station furthest from your desk
- 34** Visit the restroom that's furthest away
- 35** Hold a meeting while you go walking
- 36** Designate 10mins of your lunch break and go for a walk
- 37** Avoid elevators and escalators; take the stairs
- 38** Park in the far reaches of the parking lot

39 Escape the stress by excusing yourself for a few minutes of walking

40 Walk to a nearby store and buy a treat for your staff

41 Start an office walking club

42 Ask a different co-worker each day to join you for a before and after work walk

43 Walk to a co-workers desk to ask a question instead of emailing them

44 Create a step competition with fellow employees. See who can get the most steps in a day

45 Encourage your co-workers to join you on walk during your lunch break

46 Climb the stairs or stroll the sidewalks for a few minutes before heading home. Once you sit, it's harder to get up!

47 Shake off the frustrating commute by walking a bit before dinner

48 Walk around the campus of a nearby university

AT PLAY
Whether or not your leisure time is physical activity, there's plenty of ways to add steps.

49 Window shop around the mall 2x

50 Take the long route when browsing at the mall and don't visit store sequentially

51 Join a water walking class for some natural resistance

52 Tour a museum, zoo or nature preserve

53 Circle around the craft show before making purchases

54 Walk with your kids

55 Vary your pace while walking and include bursts of speed walking

56 Sign up for a community 5K or 10K walking event

57 Hike on a wilderness trail

58 Take up photography and hunt for scenic photo shoot locations

59 Drive to a new trail and explore new scenery

60 Contact the historical society to go on a walking tour

61 Volunteer to walk dogs at an animal shelter

62 Organize a community cleanup day

63 Meet a friend at a restaurant you can walk to

64 Seek out bargains by walking to yard sales

65 Explore nature by keeping a field guide while hiking

66 Skim the newspaper for events you can walk to

67 Walk around the parking lot while waiting to be seated at a restaurant.

68 Drive to a neighborhood community and tour it by walking the streets

69 Watch the birds while walking; especially during the fall to stay interested

70 Take a step aerobics class

71 Spend a day at the beach and walk the shoreline

72 Take a judo or karate class

73 Reward yourself for step accomplishments

74 Get lost in the corn maze

75 Get your kids to walk by making it a scavenger hunt

76 Stroll around the fields while watching a sporting event

77 Walk the golf course. Pass on the cart.

78 Hang up the phone, walk with your friend and talk

79 Walk with your kids to the park

80 Sign up for water aerobics

VARIETY IS THE SPICE OF LIFE
Here's another way to add "steps" with other activities

81 Join a beach or indoor volleyball team

82 Play softball or baseball.

83 Hit the tennis courts

84 Dance the night away with good music

85 Scrub the floors or vacuum more often

86 Paddle away on a raft, kayak or canoe

87 Tour a local trail by bike

88 Ice skate at a local rink

89 Try in-line skating through the neighborhood

90 Try downhill skiing

91 Weed, hoe, rake and prune the garden

92 Snowshoe over hills and drifts

93 Cross-country ski on a trail

94 Swim laps and vary your strokes

95 Dive into a lake or ocean and splash around

96 Join a Tai Shi or Yoga class

97 Sign up with a personal trainer

98 Water-ski over the waves

99 Reverse your walk. Start where you usually end

100 Ride your bike when you can