

## **100 Ways to Add 2000 Steps**

### **At Home**

1. Circle around the block once when you go outside to get your mail
2. Walk around the outside aisles of the grocery store before shopping
3. Drive or walk to a nearby high school and go around the track: 4 laps equal approximately 2000 steps
4. Make several trips up and down the stairs to do 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's 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 children 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 cleaners to accomplish errands
13. Benefit a good cause by joining a charity walk
14. Walk to your place of worship for services
15. Cut the grass
16. Pace 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. Look at landscaping & gardens while you walk—incorporate ideas from your favorites in your own yard
20. Walk to a friend's house for a visit
21. Try "retro walking"; walking backwards distributes your weight more evenly
22. Jot down how you feel after returning from a walk—enhanced energy is a great motivator
23. If you burn out quickly while walking, focus on walking distance over speed to get in more steps
24. Walk on a treadmill on rainy days or when it's too dark to walk outside
25. March in place while watching your favorite TV show
26. Reverse your walking routine—start in the direction where you usually end
27. Boost the results of your walk—use trekking poles
28. Catch up on the day's events with your spouse and children on an after-dinner walk
29. Sleep more soundly at night by taking a walk a few hours before you go to bed

### **At Work**

30. Go for a walk before starting your morning commute, you'll energize yourself for the day
31. Exit the bus 1 or 2 stops early and walk the remainder 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 few minutes of walking
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 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 fellow employees— see who can get the most steps in a day
45. Encourage your co-workers to join you on walks during breaks or after work
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.

### **At Play**

48. Walk around the campus of a nearby university or college
49. Window shop while you pace through a shopping mall

50. Take the long route when browsing at a shopping center—don't visit the stores sequentially
51. Join a water walking class, the natural resistance of the water strengthens muscles
52. Tour a museum, zoo, or nature preserve
53. Circle around a swap meet or craft show before selecting your purchases
54. Take up photography—walk through a scenic location on a hunt 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 out slow, increase speed, do bursts of speed walking, cool down at a slower pace
58. Strap a length of masking tape around your child's waist (sticky side out) to gather pretty leaves
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. Do a community clean-up day: have areas of the neighborhood for teams to walk through & remove debris
63. Meet a friend for lunch at a restaurant you can walk to
64. Plan a picnic with friends, family, and children and go for a walk after your meal
65. Seek out bargains by walking through your neighborhood looking for garage/yard sales
66. Explore nature by keeping a field guide handy when walking
67. Look at newspaper for upcoming events you can walk to: garden tours, high school plays, park concerts
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 accomplishments- if daily step goal reached: put a dollar in a jar & save for a reward
71. Take a step aerobics class
72. Spend a day at the beach and walk the shoreline
73. Watch for birds while walking; especially during the fall migration
74. Get lost in a corn maze (many are set up in the fall)
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**

80. Take 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 through your neighborhood
90. Take a class in judo or karate
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