

Five ways to add steps to your day

No time to work out? Adding extra steps to your day is an easy way to improve your activity level and get in shape.



Take the stairs

Forget the elevator! Even taking just one flight of stairs adds extra steps and gets your heart rate up.



Park farther away from the door

Going shopping? Park at the other end of the parking lot instead of finding a spot by the front door. Better yet, park several blocks away.



Do an extra lap

When you're running errands at the store, take an extra lap around. You may find that you forgot to grab something.



Take a post-dinner walk

Get the family together to take a walk after dinner. It will help with digestion, increase your heart rate, and give you an opportunity to catch up. If you have diabetes, walking after a meal can also help regulate your blood sugar.



Walk in place

If you're stuck in line at the bank or waiting for coffee, march in place or give yourself room to bounce a little, especially if there's music playing.



We are here to help

Talk to your care team for more tips about increasing your daily activity.