

**1. Do a self-guided walking tour**. Bring your family and friends or work mates on a trip around the community—which could easily cover a couple kilometers. Check out <http://heritageyukon.ca/our-heritage/self-guided-walking-tours> to download audio files for your ipod/ device. (**2,000 steps**)

**2.** Enjoy a 10-minute **walk after lunch** or dinner each day. Bonus: Walking after a meal helps improve digestion. (**1,000 steps**)

**3.** For every 45 minutes you spend at your computer, **go for a five-minute walk** around your office or block. (**500 steps**)

**4.** Need to take a personal call at work or dial a friend at home? Go outside and **walk as you talk** for 10 minutes. (**1,000 steps**)

**5.** While grocery shopping, leave your cart or basket **at the** **end of each aisle**, walk to get your items, then walk back. (**1,000 steps**)

**6.** **Plan a family outing** to a local attraction where walking is the main activity, like the Yukon Wildlife Preserve. (**4,000 steps**)

**7.** **Take your pup for a 20-minute stroll**. Don’t have a dog? Ask a friend or the Mae Bachur Shelter if you can walk a dog. (**2,000 steps**)

**8.** **Before you hop in the car** to run an errand, assess whether you could be walking instead. A kilometer to your destination and another kilometer home is an achievable distance to walk, and you’d save some gas, too. (**4,000 steps**)

**9.** Instead of meeting your friend for coffee, **go for a walk in the woods**. (**3,000 steps**)

**10. Take the stairs** instead of the escalator or elevator. (**100 steps**)