

10 ways to get more steps into your day



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)**