



YOU KNOW YOU ARE COUNTING STEPS WHEN YOU...

...are walking in place and have a tough time standing still

...juuust need to go for a quick walk before bedtime

...are constantly checking the pedometer in your pocket

...insist to use the parking spot that are furthest away

...hope that you “accidentally” take a detour

...have a bad relationship with elevators

...become happy when you are able to take the stairs

...get a dog just to get more steps in

...convert everything you are doing into steps

...only want to have walk and talk meetings

...love to run after the bus

...are sleepwalking