

# 10 TIPS TO DO MORE STEPS

We have gathered 10 usable (we'd like to think) tips to add more steps into your everyday life. We must admit that the extra steps are not going to do themselves. Actually, far from it.



1 Make sure to get some movement in early in the day. Preferably before going to work.



2 Decide to go for a walk, but not the distance. The most important part is to get out of the door. Think ahead of your day/working day and add in one or two walks.



3 Air out at home at least once every day. While airing out you have a good chance to go get some air yourself on a brief walk.



4 Make it a habit to stand up and walk around every time you are on the phone.



5 Have a walking agreement with a friend, family member, neighbor or colleague. It obliges! If you are not able to meet up in person, then talk on the phone while walking or send each other a picture from your walks.



6 Give the walk a purpose if it motivates you. Maybe you can walk to the store to get the toilet paper you need or go get the newspaper and morning bread on the weekends.



7 If you have online meetings, then consider if some of them can be done while walking. Maybe it is not so important to sit at the screen with the webcam and necessary to be able to see every participant.



8 Connect walking to existing actions. For example, do 500 steps before you drink your morning coffee, 100 steps after every toilet visit or walk for 10 minutes after lunch.



9 Take a break from the screen if possible. Your mind is sharper and more creative when you are in movement. So, consider going for a walk while thinking through your tasks at work, or forget all about them and return with new energy.



10 Take one step at a time and start out small. The first step is always the hardest.