

# 10 TIPS

for more steps ...

We have gathered 10 useful tips (we think) to incorporate more steps into your everyday life. Because let's admit it, those extra steps don't always come naturally. Far from it, actually.



1 Make sure to incorporate some movement early in the morning – preferably before the workday begins.



6 Give your walk a purpose if it motivates you. Perhaps you can walk to buy the package of toilet paper you need, or you can walk to pick up the newspaper and morning bread on the weekend.



2 Decide that you're going out for a walk – and not how far you'll walk. The most important thing is that you get going. Consider your everyday/workday and schedule in a regular walk or two.



7 If you have online meetings, consider whether some of them can be done while walking. Perhaps it's not crucial for you to sit in front of the screen with webcam and see the other meeting participants.



3 Air out at least once during the day – it's a perfect opportunity to take a short walk and get some fresh air yourself.



8 Integrate steps and walks into existing activities. For example, 500 steps before your morning coffee, 100 steps each time you've been to the toilet, or a 10-minute walk after lunch.



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



9 Take a break from the screen if possible. You think sharper and more creatively when you're in motion, so take a walk and rethink your work tasks – or forget about them altogether, and return with fresh energy.



5 Make a walking arrangement with a friend, a family member, a neighbor, or a colleague - it commits you! Talk on the phone together if you can't meet physically, or send each other a picture from your walk.



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



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