



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



TEN WAYS TO ADD MORE STEPS TO YOUR DAY

Walking gives you energy, reduces stress, tones muscles and so much more.



Walking is one of the easiest ways to stay active and get exercise. And it's cheap – all you need is a pair of comfortable shoes.

Among other benefits, walking will:

- Give you more energy and make you feel good.
- Reduce stress and help you relax.
- Tone your muscles.
- Increase the number of calories your body burns.
- Improve your stamina and your fitness.
- Strengthen your bones and muscles.
- Lower your risk of diseases like heart ailments and type 2 diabetes.

With a little planning and creativity, it's easy to fit more steps into your day. Try these tips and watch your step count start to climb:

1. **Hop off the bus or train** one stop early and walk the rest of the way to the office or your home.
2. **Use the stairs** rather than the elevator.
3. **Park at the back of the lot.**
4. **Take an extra lap** around the perimeter of the grocery store when you're shopping.
5. **March in place** while watching TV, making a phone call, or doing any otherwise stationary activity.
6. **Walk to your coworker's desk** instead of sending an email.
7. **Try conducting a walking meeting** at work rather than gathering around a conference table.
8. **Set an hourly alarm on your computer or phone.** When it goes off, get up and do a lap around your office.
9. **At the office,** use the restroom that is farthest away from your desk.
10. **Keep a small water bottle at work** and get up several times each day to refill it.

Explore more at the [Chiefs Wellness Program homepage](#) -->