

## **Staying Active at Work- how to get your 10,000 steps at a 9-5 job**

It is not easy for anyone with a 9-5 job to accomplish 10,000 steps in a day, especially if you are a commuter who drives back and forth to work. Here are a few tips that will increase the number of steps you take in a day:

- 1. Go for a quick walk-** walk down the stairs to the lobby of your building. The average amount of steps to do this is around 150. One lap around the building (1 block long x 1 block wide) takes about 5 minutes and will add roughly 700 steps. Back into the lobby and up the stairs adds approximately 150 additional steps.
- 2. Go up and down the stairs-** Using the stairs instead of the elevator is an old bit of advice, but in addition to adding the amount of steps you do, it also helps to blow off steam, and, walking in a quiet stairwell can also do wonders for your mental state.
- 3. Treat yourself-** count the number of steps to and from your office to the nearest Starbucks. In our case, Starbucks is right across the street on Eastchester Road and Morris Park Avenue. Treat yourself to a low calorie drink (a skinny iced, caramel macchiato sounds good!) Your number of steps is increasing again!
- 4. Talk to a colleague-** Admittedly, email and text messaging are the easiest and quickest ways to communicate with a colleague, but try to leave your desk for a moment and walk to your co-worker's workspace, increasing your number of steps again! It is also refreshing to sometimes connect face to face with another person, giving the encounter a more personal connection.
- 5. Inconvenience yourself-** Whenever possible, choose longer paths to get to the printer or fax machine. Park your car at the back of the parking lot. If you take public transportation, get off one stop early and walk the extra distance. Your steps are really adding up!
- 6. Recruit coworkers-** Chances are that you are not alone in your quest to increase your number of steps. Connect with coworkers and discuss your goal, and chances are you will find someone who has a similar goal. Sometimes it is easier to accomplish what you wish to do when you have someone to do it with!
- 7. Have a class outside-** Take your meetings outside! This will not work for every meeting, but for short meetings with smaller agendas, it just might. Fresh air can do wonders for conversation! For meetings involving only a few participants, you may even consider taking a short walk while discussing your meeting's agenda.
- 8. Set an alarm-** Reminding yourself to get up and move every few hours will also increase your number of steps. Cell phones, computers, smart watches also have reminders built in.

### **Here are some of the advantages of taking 10,000 steps a day:**

- It will boost your heart health
- It will strengthen your lungs
- It improves your concentration
- It strengthens your bones
- You'll grow muscles

There's no time to waste...get up and get walking!

