

# Focus on Fitness Month

HEALTHY TIP SHEET - MAY



## Ways to Step it Up

Want a way to improve your health, reduce your risk for disease, feel better and live longer? The answer – walk more! Start with a small goal and increase your daily steps gradually while aiming for 10,000 steps per day. Steal some of these tips for getting more steps in your day:

- ▶ Pace the room while waiting in a doctor's office or talking on the phone.
- ▶ While grocery shopping, make an extra lap around the perimeter of the store.
- ▶ Use the restroom one floor down or up at work.
- ▶ Park your car further away from the door.
- ▶ Make it a nightly routine to go for an after-dinner walk with the family.
- ▶ Set an alarm on your phone or computer for every hour or two, to remind you to take a quick stroll.
- ▶ Deliver a message in person instead of calling or emailing.
- ▶ Always take the stairs.
- ▶ Make your next meeting a walking meeting.
- ▶ Walk around the block while waiting for your child at soccer practice, dance lessons, etc.

### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Walk it Off.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.