All Steps Count

Walking is a great physical activity. ALWAYS be safe! If walking without an adult, talk to your parents about where you are walking and the best routes to take.

Here are a few ideas for getting more steps every day.

- walk to school and home
- walk your dog or the neighbor’s dog
- practice walking backwards
- ask mom or dad to park farther from the building in a parking lot
- walk to a friend’s house instead of asking for a ride
- walk up and down your stairs at home – to the top and back down, then to the top minus one step and down, then to the top minus 2 steps and down, etc.
- walk to an older neighbor’s house to say hello or see if they need help with any chores
- set a timer when playing computer or video games so you take a break and move every 15 minutes – go for a quick jog or walk twice around the outside of the house
- while watching television, during the commercials see how many steps you can get in before the show starts again
- help at the grocery store by taking part of the list, finding the items and bringing them back to the cart
- unload the groceries with fewer bags at a time for more trips
- limit television watching or computer games to no more than one hour per day
- take a walk and don’t stop until you find a penny
- go for a five-minute family walk after dinner
- grab an empty trash bag and walk until the bag is full
- fly a kite

Add your own ideas:

WIN Kids Fun Days: It All Counts