Step It Up!
There are thousands of ways to incorporate more steps into your day. This newsletter shares a few favorites.

* Park farther away.
* Walk an extra flight of stairs.
* Walk 20 steps out of your way, on purpose.
* After each meal, as you carry your plate to the kitchen, set it down and keep on walking. Walk right out the door for a 10-minute after-dinner walk.
* Unload groceries in several trips instead of one or two.
* Walk around your house once a day and make one tiny improvement like picking up a piece of trash or pulling a weed.
* Walk away from the TV whenever a food commercial comes on.

  * Change the TV channel without the remote.
  * Instead of sitting in the waiting room for an appointment, ask how long the wait will be and fit in a walk around the building.
  * Take a two-minute walk whenever you feel your energy drooping.
  * Take a walk and don’t stop until you find a penny.
  * Cut your lawn without a riding lawn mower.
  * Take a walk with your children.
  * When shopping at the grocery store, walk around the outside aisles before starting to shop.
  * Start a walking club with neighbors and friends.

"[To add variety, to my stair walking routine, I started walking up 14 stairs, down 14, up 13, down 13, up 12, down 12, etc.] If I’m concentrating on the stairs, I’m not concentrating on the time. That’s what I decided, and my son gets so hung up on the time, he’s having a hard time with it. So I thought maybe that [would] give us something else to look at."  

Female in her 30's

Take a break right now for a short walk. Then come back and read some more!
“The secret to health is only 2 feet away – your own 2 feet.”

Robert Sweetgall – Author, speaker, walker and advocate of walking for wellness.

* Take a walk with your children instead of watching television with them.
* Deliver email personally.
* Pace the floor while talking on the phone.
* Add more steps to routine chores by walking around the block each time you go to the mailbox.
* Take a 5-minute walk after every meal.

* Wash the car by hand instead of going to the car wash.
* Walk in to the bank or restaurant instead of using the drive-up window.
* Walk to the water fountain or restroom furthest from your office.
* Consider walk-a-thons for fund raisers instead of selling food.
* Walk around the ball field or gym while watching your child’s game.
* Hide the remote so you have to get up to change the television channel.
* When it is time for a staff meeting or family meeting, take it outside and walk while you talk.

Remember to drink plenty of water! Water is essential for many reasons, including temperature control. Drink cool, plain water before, during and after physical activity.


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