

## **Ways to walk more at work**

To lose weight and get fitter you need to increase the number of steps that you take each day

If you are at work, especially in an office, this can seem difficult to do, but here are

*Ten ways to walk more at work to get you going.*



- Try parking your car further away from where you work and then walk into the office.
  - Why not get off the bus at least one stop before the one that you usually get off at, and then walk the remainder of the way?
  - Remember to walk up the stairs instead of automatically taking the elevator.
  - Take a walking break for 15 minutes as an alternative to a tea or coffee break
- Why not go for a short, brisk walk during your lunch hour and then do a bit of window shopping?
  - Go walking with colleagues at lunch time – start a lunch walking group.
  - If you buy your lunch daily - try walking to the restaurant.
  - Here's an easy one - when going to the toilet walk those extra steps by using one on a higher or lower level than usual
  - Walk over to see your work colleagues if you need to talk to them instead of telephoning them..

Don't forget to wear your pedometer and record your daily totals.

You will see that gradually, just by making small changes to your daily routines, an increase in the number of steps you take weekly then monthly.

Enjoy your walking