

# 100 Ways to Add 2,000 Steps

It's not just what we eat that's important, but also how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn, you can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2,000 steps and reducing 100 calories each day you'll see how easy it is to achieve the energy balance that can stop weight gain.

Small changes in your daily activity can quickly add up to 2,000 extra steps or more! No one tip, by itself, will equal 2,000 steps, but selecting a few each day will get you well on your way!

**AT HOME:**  
Neighborhood walks, chores, and errands are great ways to add steps.

- 1 Circle around the block when you go outside to get your mail
- 2 Walk the outside aisles of the grocery store before shopping
- 3 Walk the track at a nearby high school—four laps is roughly 2,000 steps
- 4 Make several trips up and down the stairs doing laundry or other household chores
- 5 Pass by the drive-thru window and walk into the bank or restaurant
- 6 Stroll the halls while waiting for your doctor appointment
- 7 Listen to music or books on tape while walking

- 8 Invite friends or family members to join you for a walk

- 9 Accompany your kids on their walk to school

- 10 Take your dog for a walk

- 11 Start a walking club in your community

- 12 Walk to a nearby store, post office, or dry cleaner to accomplish errands

- 13 Benefit a good cause by joining a charity walk

- 14 Walk to your place of worship for services

- 15 Mow the lawn

- 16 Walk around your house while talking on the phone

- 17 Buy a walking video so you can get in your steps on rainy days

- 18 Experience the splendor of a sunrise on an early morning walk

- 19 Observe your neighbors' landscaping and gardens while you walk—incorporate your favorites in your own yard

- 20 Walk to a friend's house for a visit

- 21 Try retro walking—walking backwards more evenly distributes your weight

- 22 Keep a walking journal, note steps and how you feel afterwards

- 23 Focus on distance over speed—it's better to get in more steps at a comfortable pace than to burn out quickly

- 24 Walk on a treadmill on rainy days or when dark

- 25 March in place while watching TV

- 26 Reverse your walking routine—start where you usually end

- 27 Boost the results of your walk by using trekking poles

- 28 Catch up on the day's events with your family on an after-dinner walk

- 29 Take a walk a few hours before bed to sleep more soundly

**AT WORK:**  
Adding steps to your workday can help you reduce stress and stay alert.

- 30 Walk before your morning commute—you'll energize yourself for the day

- 31 Get off the bus early and walk the rest of the way

- 32 Walk to work if you live close enough

- 33 Refill your coffee cup at the machine farthest from your workstation

- 34 Visit the restroom on the far side of the building

- 35 Hold a meeting while you go for a walk

- 36 Avoid elevators and escalators—take the stairs instead

- 37 Park in the far reaches of the parking lot

- 38 Escape the stress of a difficult day by excusing yourself for a walk

- 39 Walk to a nearby store to buy a treat for your co-workers

- 40 Designate 10 minutes of your lunch break for a quick walk

- 41 Start an office walking club

- 42 Ask your co-workers to join you on a before- or after- work walk

- 43 Walk to co-workers' desks to speak to them instead of sending an email

- 44 Create a step competition with co-workers—see who can get the most steps in a day

- 45 Encourage your co-workers to join you on walks during breaks

- 46 Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift

- 47 Shake off the effects of your evening commute by walking before dinner

## 100 Ways to Add 2,000 Steps continued...

**AT PLAY:**  
Whether your leisure time is for physical activity or not, there are plenty of ways to add more steps.

- 48** Walk around the campus of a nearby college or university
- 49** Walk at the mall and do some window shopping
- 50** Take the long route when browsing at a mall—don't visit the stores sequentially
- 51** Join a water walking class—the natural resistance of water strengthens muscles
- 52** Tour a museum, zoo, or nature preserve
- 53** Circle a swap meet or craft show before selecting your purchases
- 54** Take up photography—walk at a scenic location while hunting for photo opportunities
- 55** Sign up for a community 5K or 10K walking/running event
- 56** Hike on a wilderness trail
- 57** Vary your pace—start slowly, increase your speed, include short bursts of speed walking and cool down with a slower pace at the end
- 58** Strap masking tape around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall
- 59** Drive to a new walking trail and explore the different scenery
- 60** Contact your local visitor's bureau or historical society and sign up for a walking tour
- 61** Volunteer to walk dogs for an animal shelter
- 62** Organize a community clean-up day and designate areas of the neighborhood for teams to remove debris
- 63** Meet a friend for lunch at a restaurant you can walk to
- 64** Plan a picnic with friends and family and go for a walk after your meal
- 65** Seek out garage, yard, or estate sale bargains while walking in your neighborhood
- 66** Explore nature by keeping a field guide handy when walking
- 67** Skim the newspaper for upcoming events you can walk to, such as a garden tour, high school play, or a concert in the park
- 68** Walk around the restaurant or parking lot while waiting to be seated
- 69** Drive to a neighboring community and tour its main street on foot
- 70** Reward yourself for step accomplishments—every time you reach your step goal for the day put a dollar in a jar and save for a special reward
- 71** Take a step aerobics class
- 72** Spend a day at the beach and walk the shoreline
- 73** Watch birds while walking, especially during fall migration
- 74** Get lost in a corn maze (many are set up during autumn)
- 75** Entice your kids to join you by turning a walk into a scavenger hunt
- 76** Stroll around the field while watching your child's sporting event
- 77** Play a round of golf but pass on the cart
- 78** Instead of talking on the phone with a friend, meet for a walk and talk
- 79** Walk with your kids to the local park
- 81** Join a beach or indoor volleyball team
- 82** Play America's favorite pastime—baseball or softball
- 83** Hit the tennis courts
- 84** Dance the night away at a club
- 85** Don't forget the household activities, such as scrubbing floors and vacuuming
- 86** Weed, hoe, rake, and prune—gardening is an everyday way to be more active
- 87** Paddle away calories on a raft, kayak, or canoe trip
- 88** Tour a local trail by bike
- 89** Try in-line skating on your neighborhood's sidewalks
- 90** Take a judo or karate class
- 91** Swoosh down the slopes—try downhill skiing
- 92** Snowshoe over hills and drifts in the colder months
- 93** Ice skate at a local ice rink
- 94** Enjoy the calm of nature while cross-country skiing on a trail
- 95** Swim laps in a pool—vary your stroke for the best results
- 96** Dive into a lake, river, or ocean for some summertime fun
- 97** Join a Tai Chi or yoga class for flexibility and relaxation
- 98** Sign up for an aerobics session
- 99** Water-ski over the waves
- 100** Ride your bike to accomplish errands such as going to the library or depositing your paycheck

**VARIETY IS THE SPICE OF LIFE:**  
Other activities can count toward daily steps too.