

Simple Strategies for Extra Steps

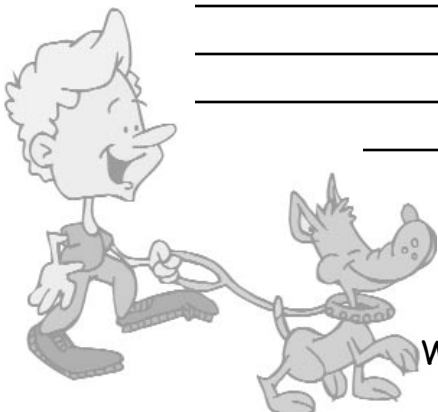
Think about all the opportunities you have to walk each day. You can easily measure your steps with your NEW LIFESTYLES DIGI-WALKER™ step counter. Try some of these strategies to add steps to your daily routine:

- Park in the farthest space from the store or mall.
- Walk, run and play actively with your children or grandchildren.
- Walk — don't ride — at the golf course.
- Mow your yard using a push mower, not a riding mower.
- Walk to and from the store, post office or school.
- Take a walking break instead of a coffee break at work.
- Walk while you're talking on the cordless phone.
- Take the stairs instead of the elevator.
- When waiting, take a walk.
- Take your dog for a walk every day.
- Sweep your floors, patio and front walk every day.
- Walk with friends or family and socialize while walking.
- Hide your remote and change channels the old-fashioned way.
- Avoid drive-through windows. Get out of the car and walk in.
- Put on upbeat music while you clean your house.



Now It's Your Turn!

Think about your own daily routine and add extra steps wherever you can. The result will be more miles logged, and a healthier you! Can you think of more ways to add extra steps in your daily routine? List them below:



Walk 10,000 steps a day for better health! Every Step Counts!™

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