



GUIDE: *Tips to Squeeze a Bit of Extra Walking into Your Busy Day*

Even on your busiest days, a little bit of walking will help you reach your goal! Not every walk needs to be long or planned - small amounts of movement throughout the day really add up. Here's how to sneak in more steps without clearing your schedule.

1

Walking While at Work

Find opportunities to walk while you work:

-  **Walk while on phone calls.**
Pace around your office or step outside if you can
-  **Use a different bathroom.**
If you work in a multi-level office, use the bathroom on another floor. This will add steps and a tiny stair workout multiple times a day.
-  **Take the long way.**
Whether it's walking to the photocopier, coffee machine, or car park.
-  **Use the hallway.**
A quick 2-minute lap every hour adds up.
-  **Park further away.**
Parking further away from work or even walk to work if you live close enough!

2

Mental Reset = Movement

Walking isn't just good for your body, it's great for your mind too:

-  **Walk to think.**
If you're stuck on a task or feeling overwhelmed take a few minutes to step away and enjoy a short walk.
-  **Walk and brainstorm.**
Bring a notepad or use a voice memo app to record your ideas.

3

Add Movement into Tasks

Sneak extra walking into things that you are already doing:

-  **Take a 5-minute walk after meals.**
It will add steps and help with digestion.
-  **Need a coffee? Take a walk!**
Either walk to the cafe or make your own coffee and take it outside for a walk up and down the street.
-  **Set a reminder.**
Set a reminder on your phone to get up and do a short 2-3 minute walk every hour or two.
-  **Walk during kids' activities.**
You can walk laps around the building, field, or car park.
-  **Park further away.**
Park further away than usual and walk the extra distance.
-  **Bring in your groceries one or two bags at a time.**
You'll need to make more trips, so you'll do more walking!