

15 Creative Tips to Add 100 Steps a Day

Step Up at Home

Life can get busy, but you don't need a gym to stay active. Try these home-based ideas:

1. **Chore Power:** Vacuuming burns calories—especially if you tackle those stairs! Consider swapping your riding mower for a push version for an extra challenge.
2. **Commercial Break Hustle:** Turn TV time into a mini workout. March in place during commercials or throw in some jumping jacks or skipping rope.
3. **Set an Alarm:** Combat sedentary habits by programming your phone to remind you to stretch your legs every hour.

Playful Steps with Kids

Kids are natural movers. Join their energy:

4. **Backyard Ballin':** Install a basketball hoop in your driveway and shoot some hoops with the little ones.
5. **Tennis Tango:** Have a brick wall, a racket and a tennis ball? Get your Roger Federer (or your Serena Williams) ON!! See how many balls you can volley in one session, and then next time, try to beat the streak!
6. **Roller-Skate Fun:** Weekends are perfect for roller-skating adventures. Lace up and hit the pavement!

Workplace Strides

Don't let desk life slow you down. Here's how to stay active at work:

7. **Phone It In:** Take calls standing up and pace around. Your colleagues won't mind!
8. **Lunchtime Strolls:** Explore local gardens or shopping districts during your lunch break.
9. **Walking Meetings:** Suggest walking meetings to boost creativity and alertness.
10. **Commute Creatively:** Park farther away or consider walking part of your commute.

1 • Disclaimer: Any physical activity can carry risk. Consult with a healthcare professional before starting any new fitness program. If you have injuries, health conditions, or physical limitations, inform your instructor or seek guidance from a qualified healthcare professional. The information provided on www.overcomeDUI.ca is not a substitute as professional medical advice.

Steps Anywhere and Everywhere

Embrace opportunities beyond home and office:

- 11. Musical Motivation:** Walking to your favorite tunes makes exercise feel effortless.
- 12. Lose Yourself in Podcasting:** Get some education while on foot. Learn a new skill, get pumped about health, or listen to history docs. Lose yourself!
- 13. Buddy Up:** Invite a friend or family member for a post-dinner stroll or a farmer's market visit.
- 14. Pace Yourself:** Speed up when you can but listen to your body. Consistency matters more than intensity.
- 15. Tech Tracking:** Use a pedometer or fitness tracker to set and achieve step goals.

Remember, every step counts!

Whether you're overcoming challenges or celebrating victories, these creative ways will keep you moving toward a healthier, happier you.

Freestyle - Use this space to note any thoughts you had, any additional feelings around your specific opportunities to increase steps, or your plan for later today! Journaling makes dreams come true, write it, and it will come!

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