

# 6 ways to add more walking into your day

## 1. Make it social

Try meeting up with friends or neighbors, take a stroll together, while talking on cell phone with friends and family, meeting friends at a park or for fresh air, meeting new friends at YMCA.

## 2. Make it a routine

Try setting aside time that works for you, such as incorporating first thing after breakfast, or a time that usually work for you, stick to it but allows yourself flexibility.

## 3. Park further away

When choosing a parking space such as at supermarket, appointments, errands park further away from the building, the steps really add up.

## 4. Rethink chores

Walking involves all we do; it can be an event like going for a walk. It can also be the steps we take when taking care of ourselves; making our bed, putting away our laundry, dusting our furnishings, cleaning our dishes. Chores are a form of self-care!



## 5. Track your activity

Wearing a device that tracks your steps and activity levels can help you gauge your physical activity. A daily step goal can help to keep you motivated but allows yourself some flexibility.

## 6. Prioritize it! Change perspective of self-care

Anything we do that allows us to **feel better, accomplished, energized, and organized** should go on your self-care priority list...what is on your priority list?