



12,000 STEPS A DAY IN JANUARY



12 Easy Ways to Get You to 12,000 Steps

1. Dog walking

Nothing will get you out of the house faster than a dog that needs a walk. Ask your neighbour, family or friend if you can lend a hand and walk their dog for them (on a lead of course).



2. Take the stairs

At work, in a shopping centre, at the train station, anywhere. If you wear a fitness tracker, you'll score both steps and flights.

4. Park far away

Every couple hundred steps of walking to or from your car adds up quickly. Plus, if you park at the back of the car park, you'll help save your car from dings and dents.

5. Take the long way

When you're at work and need to go to the toilet, skip the closest one and take a detour. Hit the stairs and use one on a different floor, or just take the longest route there. The same goes for doing errands (on foot) or strolling to a friend's house...

3. Take a moving break

During your lunch break, go on a 30 minute walk around your area. Not only will you get your steps in, but you may feel more focused at work. And remember to get up frequently during the day, not just at lunch.

6. Get off the bus or train one (or two) stops early

Two birds, one stone: You'll help reduce carbon emissions and do your body good at the same time.



7. Play with your kids

Hide-and-seek can run up 10,000 steps alone!



8. Walk and talk

Take your phone calls on-the-go, or skip the conference room and have walking meetings with your colleagues.

9. Don't fast forward your boxsets

The next time you binge-watch a series, don't fast-forward through the adverts or the opening credits. Stand up and march in place or pick stuff up around the house.

10. Drink up

You need lots of water anyway, and all those trips to the water cooler at work — and the toilet — will make a big dent in your day's step total.

11. Go on a walking date

Meet up with your friends, family or significant other and take a stroll and catch up or just enjoy the lovely Winters air and if it's a first date-gone-wrong, then you can always keep walking — away.



12. Take extra trips

When unloading shopping bags from the car or carrying laundry to the bedroom, it's tempting to try to take as few trips as possible. Instead, try taking one more trip than you absolutely have to.

With all the gadgets and different modes of transport available to move us around, it's easy to get in the "why walk?" mind set but you'll be surprised at how fast you'll hit your daily 12,000 steps when you take them away and use your feet instead.