



INCREASE YOUR STEPS

Habit Cheat Sheet

@healthbyscience



What is "Physical Activity" or steps?

Physical activity is any bodily movement that requires energy expenditure. It can include daily activities like walking, household chores, and gardening.

On the other hand, exercise is a type of physical activity that is planned, structured, repetitive, and intended to improve physical fitness.

While physical activity can be part of daily life, exercise is typically done with the goal of improving health and fitness.

Research suggests that achieving 7,500 steps per day is appropriate to be considered physically active.



Why is Increasing Steps So Important?

Increasing physical activity is vital for weight loss, getting fitter, and ageing well because it helps burn excess calories and improve overall health. Physical activity can help to boost the metabolism, leading to more effective energy expenditure and weight loss.

It's important to focus on increasing physical activity before trying to exercise more because it provides an opportunity to build a strong foundation of movement, leading to a higher likelihood of success when it comes to long-term fitness goals.

Simply walking more, standing more frequently or engaging in housework such as vacuuming, can be a good starting point before committing to a regular exercise routine.

INCREASE YOUR STEPS HABIT IDEAS

TRACK YOUR STEPS

SCHEDULE WALKING BREAKS

MAKE WALKING A SOCIAL ACTIVITY

TAKE THE STAIRS

SWAP FOR A WALK

PLAN FOR BAD WEATHER

USE FOLLOW ALONG YOUTUBE
VIDEOS

LEAVE THE CAR AT HOME

PARK FURTHER AWAY

WALK YOUR OR SOMEONE ELSE'S DOG

MOVE DURING THE AD BREAK

CLEAN THE HOUSE

WALK TO YOUR LOCAL PARK

PACE WHILE ON THE PHONE



Track Your Steps

A pedometer is a device that counts the number of steps you take. Wearing a pedometer can help you increase your steps and, as a result, lose weight or become fitter.

Research has shown that people who wear pedometers take, on average, 2,000 more steps per day than those who don't wear them. That's an extra mile! And that can lead to significant weight loss over time.

In one study, participants who wore pedometers for 18 weeks lost an average of five pounds. If you're looking to lose weight or get in shape, a pedometer is a simple and effective way to increase your activity level and reach your goals.

[Click here for a free step tracker app on Apple.](#)
[Click here for a free step tracker app on Android.](#)



Schedule Walking Breaks

Scheduling walking breaks throughout your day can be an effective way to increase your daily steps.

By setting aside specific times to walk, such as during your lunch break or while taking a phone call, you can add more physical activity to your day and make it a habit to move regularly.

It's a simple yet powerful habit that can help you reach your daily step goals and improve your overall health.

Make Walking a Social Activity

It can be tough to stay on track when you're trying to lose weight or increase your steps. But one way to help yourself is by setting reminders. You can set a reminder to have a "movement snack" every few hours.

You can also set a reminder to go for a walk after you eat lunch, or to take the stairs instead of the elevator. By taking little steps like this, you'll be surprised at how quickly you can reach your goal. So don't forget to set those reminders!



Take The Stairs

Walking up a flight of stairs burns more calories than you might think, and it's a great way to get in some extra steps each day. In fact, just by taking the stairs for 10 minutes each day, you can burn an extra 100 calories. That may not sound like much, but it can add up over time. And, as we all know, every little bit counts when it comes to weight loss.

Swap for a Walk

Swap out a drive, bus or taxi for a walk.

Walk for short distances instead of driving: Whenever possible, walk to nearby destinations instead of driving. For example, walk to the grocery store, to pick up your kids from school, or to run small errands.

This doesn't have to be the whole journey. Instead of taking the direct route from one room to another, take a longer route around the house. This is an easy way to increase your steps without even leaving your home.



Plan for Bad Weather

Walking can be a great way to increase daily physical activity, but it can be challenging during bad weather. Here are some tips for walking when the weather is bad:

Dress appropriately: Wear layers of clothing to stay warm and choose clothing made from moisture-wicking materials to keep you dry. Also, wear waterproof shoes with good traction to prevent slipping.

Plan your route: Choose a route that is safe and well-lit. If necessary, use sidewalks, park paths, or indoor areas, such as malls, to avoid icy or slippery conditions.

Time it right: Avoid walking during the heaviest rain or snowfall. Check the weather forecast for your area to find a time when the precipitation is likely to be at its lightest.

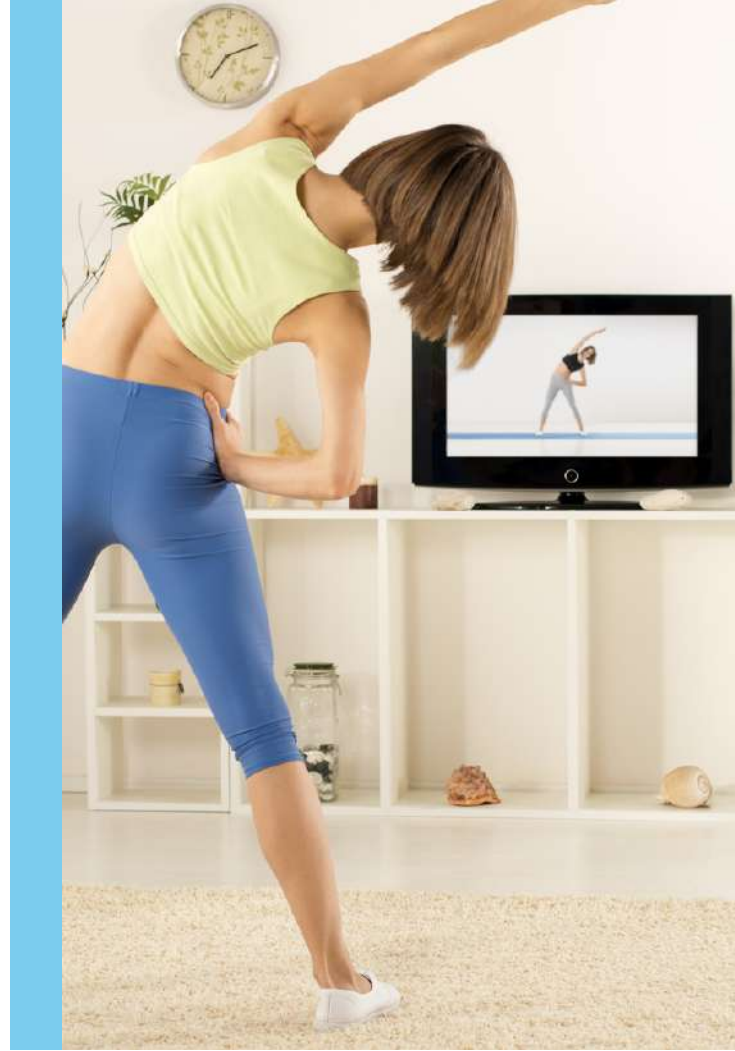
Use Follow Along YouTube Videos

Follow-along YouTube step videos can be a great option to increase your daily steps.

These videos offer low-impact and easy-to-follow routines that can be done in the comfort of your home.

They can also be customized to fit your fitness level and schedule. Additionally, following along with step videos can help make exercise more fun and motivating, which can increase your adherence to a regular exercise routine, leading to greater step counts and overall health benefits.

[Click here for an example.](#)



Leave The Car At Home

One simple way to increase your steps and lose weight is to leave the car at home whenever possible. Walking instead of driving can help you burn calories, tone muscles, and improve your overall health. And it doesn't have to be a big effort – even walking for just 10 minutes a day can make a difference.

Pick The Farthest Parking Spot

You might want to consider parking a little farther away from your destination. Walking even a short distance can help to increase your steps for the day, which can lead to weight loss. In addition, parking farther away can help to tone your muscles and improve your cardiovascular health.

And if you're worried about being late, remember that walking at a brisk pace can actually help you get even more benefits. So next time you're headed to the mall or the supermarket, park a little farther away and enjoy the extra steps!



Walk Your Dog (Or Someone Else's) More

In today's world of busy schedules and demanding jobs, it can be tough to find the time and energy to get in a good workout. So many people find themselves stuck in a cycle of not moving enough, which can lead to weight gain and a lowered sense of overall health. However, there is one simple activity that you can do every day to help break this cycle: walk your dog!

Taking your dog for regular walks is an easy way to boost your steps and get some much-needed exercise. Not only will these walks help you get your heart rate up, they will also give you some much-needed time outdoors, reinvigorating both your body and mind. Plus, by increasing the number of steps you take each day, you will be on your way towards reaching your weight loss goals. And if you don't have a dog you can help others out by taking their dogs out for a walk at [borrowmydoggy.com](https://www.borrowmydoggy.com)

Move During The Ad Break

Try walking around your house during ad breaks. It's a great way to get some extra activity in without having to leave the house. And, best of all, you can do it while you're watching TV! Start by walking around the perimeter of your room or house.

If you have multiple floors, walk up and down the stairs a few times. If you start to get winded, take a break and walk at a slower pace. But keep moving until the ad break is over. Then repeat during the next commercial break. Walking just a few minutes each day can help you burn more calories and reach your fitness goals.



Clean The House

Cleaning the house may be just what you need. While it may not seem like an obvious choice, cleaning can actually provide a great workout.

Dusting, vacuuming and mopping all require a fair amount of movement, and if you put some effort into it, you can really work up a sweat. What's more, the constant movement means that you're likely to burn more calories than if you were just sitting on the couch. And, of course, the added bonus is that you'll have a clean house to show for your efforts.

So next time you're looking for a way to get active, consider giving your home a good cleaning. You might be surprised at how effective it can be.

Walk To Your Local Park

Taking a walk to your local park can be a great way to increase your step count and get some much-needed exercise. Whether you're walking along the riverside path or through the spacious grassy fields, your walk will help you rack up those all-important steps.

Plus, being outside in the fresh air and sunshine is good for your overall health and wellbeing, so this is not just about boosting your step count – it's about taking care of yourself. With so many great parks in our community, there's no excuse not to grab your trainers and head out for a brisk walk today!



HOW MANY STEPS SHOULD I AIM FOR?

The general recommendation is to aim for at least 7,500 steps per day. However, if you're new to walking or have a sedentary lifestyle, you can start with a lower target and gradually increase your steps each day.

IS IT BETTER TO WALK INDOORS OR OUTDOORS?

Both indoor and outdoor walking have their benefits. Walking indoors is a good option when the weather is bad or when you don't have access to a safe outdoor walking area. However, outdoor walking offers the benefits of fresh air, natural scenery, and an opportunity to explore your surroundings.

HOW CAN I STAY MOTIVATED TO WALK MORE?

Staying motivated is key to achieving your daily step goal. Here are some tips to stay motivated:

- Set realistic goals and track your progress
- Find a walking partner or a walking group
- Make your walks more enjoyable by listening to music or podcasts
- Reward yourself for reaching milestones
- Try new walking routes to keep things interesting

CAN I BREAK UP MY WALKING INTO SMALLER SEGMENTS THROUGHOUT THE DAY?

Yes, you can break up your walking into smaller segments throughout the day. In fact, research has shown that short bouts of physical activity can be just as beneficial as longer workouts. Aim to walk for at least 10 minutes at a time, and try to accumulate at least 30 minutes of moderate-intensity activity each day.

HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



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