



12 Creative Ways to Add 100 Steps a Day

Adding more steps to your daily routine is an easy way to lose weight and stay fit. *To burn about 100 calories a day, you'll need to rack up 2,000 steps, which totals about one mile.*

Break that down into 100 step increments, and you have lots of options you can squeeze into your busy schedule. Start with these ideas.

Take More Steps at Home

Travel, foul weather, and family obligations sometimes make it difficult to visit the gym. Look for ways to stay on your feet in the comfort of your own home.

Do Chores

Vacuuming burns about 100 calories an hour, even more if you're working on your stairs. For a greater challenge, trade in your riding mower for a push version.

Break for Commercials

Turn TV viewing into exercise by marching in place during commercials. Add some jumping jacks or skip rope for an added challenge.

Set Your Alarm

Your home is probably loaded with distractions that tend to keep you sedentary. While you're forming new habits, program your phone to give you an hourly reminder to stretch your legs.

Play with Your Kids

Most small children need no encouragement to run around. Install a basketball hoop in your driveway so you can play ball in the evenings. Go roller-skating on weekends.

Take More Steps At Work

The average American spends 8 hours and 52 minutes each day on work and work-related activities, according to the Bureau of Labor. Think what you could be doing instead of sitting behind a desk.

Phone It In

Place your phone calls standing up. Pace around while you're chatting with colleagues and clients.

Go Out for Lunch

Spend your lunch hour strolling through a local shopping district or public garden. Place take-out orders you can pick up yourself instead of waiting for delivery.

Schedule Walking Meetings

Suggest making your next staff meeting a walking session. Moving around increases alertness and stimulates creative thinking.

Adjust Your Commute

Maybe you can walk to work. If the distance is too far, you can still park your car farther away from your office or train station so you can travel the last mile on foot.

Take More Steps Anywhere

Once you start counting your steps, you'll see opportunities wherever you go to make walking more enjoyable and productive. Put your imagination to work so you can cover more distance.

Listen to Music

If you find walking boring, try adding a soundtrack. Studies prove that playing music decreases perceived effort and helps people to exercise for longer periods with higher intensity.

Find a Buddy

Double the benefits of walking by sharing them with someone you care about. Invite your family to join you after dinner for a stroll around the neighborhood. Invite a friend along when you're going to browse around the local farmer's market.

Vary Your Pace

Walking faster will help you to burn more calories in less time. On the other hand, if you're feeling fatigued, listen to your body and slow down. Working at your own pace is preferable to giving up because you're trying to do too much too soon.

Use Technology

If you want to continue making progress, keep setting new goals. Evaluate your efforts by counting your steps with a simple pedometer or a deluxe fitness tracker.

Drop excess pounds and reap the benefits of a more active lifestyle. You'll barely notice the extra effort when you gradually increase the number of steps you take each day.