



INCREASE YOUR STEPS

Go from 10,000 to 15,000 Steps Daily



Already walking 10,000 steps a day? That's terrific! The health benefits are big. But now you might be thinking about increasing your steps. Why? Jumping into the 10,000- to 15,000-steps-a-day range offers even greater benefits.

10,000 steps daily

Lowers risk for weight gain, heart disease, stroke, type 2 diabetes, high blood pressure, depression, colon cancer, and breast cancer. Plus helps lower the risk of early death by 40 percent.



15,000 steps daily

Offers the same benefits to an even greater degree, plus helps **lower the risk of early death by even more.**

HOW TO MAKE THE LEAP

<p>TO START, ADD AN EXTRA 500 STEPS TO YOUR DAILY GOAL (10,000 + 500)</p>	<p>AFTER TWO WEEKS, ADD AN EXTRA 500 STEPS TO YOUR DAILY GOAL (10,500 + 500)</p>	<p>EVERY TWO WEEKS, KEEP ADDING 500 STEPS TO YOUR DAILY GOAL (until you reach 15,000)</p>
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You can find time to walk the extra steps by using everyday moments at work and at play.

Here are some ideas for each day of the week:

MONDAY

Walk or march in place during business calls.



TUESDAY

Walk down the hall to talk with coworkers instead of sending emails, and skip the elevator for the stairs.



WEDNESDAY

Schedule a lunchtime walk with a colleague.



SUNDAY

Take a brisk walk at your local mall or go for a hike at a local forest preserve.



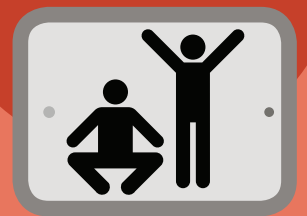
SHORT ON TIME?

As you get more fit, you may be able to cover more ground in the same amount of time by walking faster or jogging.



THURSDAY

Try a new workout. Check out an exercise DVD from the library or stream an exercise video from an online source.



SATURDAY

Enroll in a fitness class or join a local sports team.



FRIDAY

Park at the back of the parking lot at work and walk around the building during breaks.

