IDEAS FOR EXTRA STEPS

Stay Hydrated:
The more water you drink the more times you have to get up to refill

Virtual group exercise classes

Don't forget your device. Every step counts!

• Hiking
• Nature walks
• Exercising with your pets

Use TV commercial breaks to get your feet moving

Walk and talk on phone calls

Get outside in the warm weather!

Brought to you by Step Your Way to 10K a Day
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