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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