



# 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



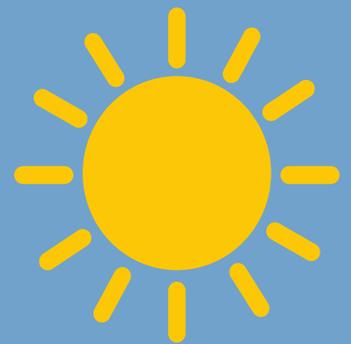
Don't forget your device. Every step counts!



- 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!



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