IDEAS FOR EXTRA STEPS

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

Don't forget your device.
Every step counts!

Use TV commercial breaks to get your feet moving
Walk and talk on phone calls

Group exercise classes

• Hiking
• Group outings
• Nature walks
• Exercising with your pets

Get outside while the warm weather lasts!

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