

# TIPS for 10,000 Steps

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Health experts recommend that we take 10,000 steps per day, or walk about 5 miles, to get healthy. But this recommendation can be intimidating, and not everyone has the time to walk that much. Luckily, there are other ways to stay active. First step, follow the national recommendations for physical activity: 150 minutes of moderate-intensity exercise per week, or about 22 minutes per day (this is the minimum — more is better).



Here are several activities and the average calories you'll burn doing each per hour:



## More ways to add steps:

- **Walking meetings:** Whenever possible, hold your meetings while you walk. Or, if you can't convince your colleagues to do that, try walking to your out-of-office meetings.
- **Use your head:** If you talk on the phone, try a headset (if your phone is corded) and stand, or better yet pace, during calls if you have space and won't disturb your coworkers.
- **Old school:** Walk to coworkers' desks instead of emailing or calling them.