

Let's get moving!!

10 ways to rack up the miles on a pedometer

1. **Walk your dog every day**- even if you don't have one!
2. **Forget the elevator; take the stairs**- every single time, up and down!
3. Whenever you drive somewhere, park far away (at work, grocery shopping mall, etc.)
4. **Bury the Sofa** and park the treadmill in front of the TV.
5. Hide the remote- go over and change the channel by hand.
6. **Do laps** (walk around the house, office or neighborhood) whenever you're on the phone.
7. **Get help**- enlist a buddy to motivate you to move more.
8. **Discover every aisle** at the grocery store- walk the whole store before you start shopping.
9. **Make extra trips**- whether carrying laundry or hauling in groceries, carry one at a time and see how many more steps you take!
10. **Smell the flowers** and take the scenic route from point A to point B, the extra steps may just be the ones that save your life.

For more information go to:

www.stjohn.org/heartcheck for a confidential assessment of your risk for heart disease.