



Walk All Over Cancer Community Challenge

Tips to complete your 10,000 steps each day

- 1. Get out and about at lunch.** Lunchtime is a great way to get away from the desk and get in some steps with colleagues. Just 15 minutes of movement can log 1,000 steps.
- 2. Take the stairs.** Ditch the escalator or lift and take the stairs. An average flight of stairs has 10 to 12 steps so it's an easy way to squeeze in an extra few steps.
- 3. Set a timer.** If you spend most of the day at a desk, set a timer every hour to get up and take a walk. It's also a good reminder to fill up your water bottle and stay hydrated!
- 4. Get off a stop earlier.** Why not get off the bus or train a stop earlier when commuting to work or meeting friends, to get some extra steps closer to your target?
- 5. Convert your exercise class into steps.** A 45-minute fitness class can clock in over 5,700 steps! Find a class you enjoy to get halfway to your daily goal.
- 6. Catch up with friends.** Instead of going for a coffee with friends, have your catch up outside and go for a walk. It's also a great way to discover new places in your local area!
- 7. Park further away.** Every couple hundred steps of walking to or from your car quickly adds up. An easy one if you do need to take the car.
- 8. Convert household chores.** Tick off your weekly chores while getting in your daily step count. Your weekly 30-minute food shop clocks in at 2,000 steps and an hour of housework scores you on average 4,800 steps.
- 9. Go for a dog walk.** If you don't own a dog, you can always volunteer to walk your friends' or neighbours' dog. The average person will get in 4,000 steps for one 30-minute walk.
- 10. Walk and talk.** Take your business calls on-the-go or skip the conference room and have walking meetings with your colleagues.

Together we will beat cancer



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