

On your marks. Get set. Step!



8 tips to get your steps up

1.

Leave the car behind. For short trips, walk instead. And if you can't avoid using the car try parking further away from your destination

2.

Take the scenic route. Instead of going direct to your destination, try a new, longer route. This will help your step count and get you exploring your area.

3.

Get out early. If you're finding it hard to stay motivated, get your walk in first thing, then it's ticked off for the day.

Need some help?

You can email our
professional coaches
with any questions.

info@runningwithus.com

8 quick tips to get you walking

4.

Take breaks. If you're stuck at a desk during the day, set an alarm to remind yourself to move about. Use your lunch break to get out for a short walk.

5.

Partner up. Ask a friend to join you on your walks to keep it fun! Or give your walks purpose by walking to your friends or to the shops.

6.

Get dancing. Put on your favourite track, dance around your living room and watch your pedometer shoot up!

7.

Pace in front of the telly. Instead of sitting on the sofa to watch TV, try marching on the spot. You could add hundreds of steps to your count without even noticing.

8.

Go on a hike! Get your weekly step count up by going on a longer walk at the weekends or a day off. For guidance on longer treks, see our [trekking guide](#).