

MOVE IT! MONDAY

Walk 2000 More Steps a day & Keep The Weight Off

If you add just 2000 more steps a day to your regular activities, you may never gain another pound. That's about an extra mile a day of stepping. Research by Dr. James O. Hill suggests those 2000 steps can burn 100 calories and make the difference. If you want to lose weight, he suggests starting with 2000 more steps per day and then adding more steps.



Studies have shown that moving 6000 steps a day significantly reduces the risk of death, and 8,000 to 10,000 a day promotes weight loss. It is a good start to add 2000 more steps to each day. How far do you go in 2000 steps? It is about a mile. If you walked it continuously, it would take 15 to 25 minutes. But the benefits for health and for weight management don't depend on you [walking a mile](#) all at one time, but simply adding in more steps throughout the day.

Easy Ways to Walk 2000 More Steps a Day!

- Park in the far back of the parking lot and walk farther to the door.
- Get off the bus a stop or two before your usual stop and walk the rest.
- Don't stand, pace when waiting for the bus, waiting at an elevator, etc., pace around in circles rather than just standing.
- Circle the room when waiting for meetings to start.
- Use the restroom, copy machine, water fountain, break room, etc. that is farther from your work area.
- Take the stairs rather than the elevator, especially for one to three floors, both up and down.
- When making a phone call, stand up and pace around as you talk.
- Rather than phone, text, or email, walk to a coworker's office or neighbors house and talk to them live.
- When people stop to talk to you, make it a moving meeting and walk around together while chatting.
- Hide the TV remote and walk to the TV to change channels.
- During TV commercials get up and walk around the house.
- When doing errands, park in a central location and walk to your store destinations.
- Return the shopping cart all the way to the store after grocery shopping.
- Never drive through-get out and park and walk into the bank or other store.