

# 10,000 Steps

## HEALTH BENEFITS OF WALKING



## 8 Ways to Get Steps During the Busy Work Week

**1** Every step counts. Park in the spot furthest away, take the stairs instead of the elevator, walk to a colleague's office, and use the restroom furthest from your desk. These extra steps add up!

**2** Break up the day. Set a phone reminder on your phone to get up and walk for 5-10 minutes every hour.



**3** Walk around. Take a brisk walk around the perimeter of the property when you get the mail or when you arrive home.



**4** March in place. Pick a few activities, like brushing your teeth or folding laundry, and march in place while you do them.



5 Walk to work or walk your kids to school. Get some steps early in the day! If you can't walk to work, get off public transportation a stop early and walk the rest of the way.

6 Take a lunch break. Keep a pair of sneakers under your desk and spend 20 minutes of your lunch break walking briskly outside.



7 Hold walking meetings. Brainstorm with colleagues on walks instead of in a conference room.



8 Take the dog out. Walk your dog once or twice a day. Aim to walk at least a mile.



Breaking up sedentary periods with movement is good for your health. Even if you exercise regularly, it is important to move throughout the day.

## 8 Ways to Move More on the Weekend

1 Support a cause. Sign up for a 5k for your favorite charity.



2 Walk your errands. If possible, walk to nearby stores. Take a lap around the perimeter of a store or walk down every aisle.

3 Find a walking buddy. Schedule weekend walks with a friend to stay accountable. Walk at the mall if it's raining or cold outside.

4 Do your chores. Get steps by mowing the lawn, raking leaves, and vacuuming.



5 Have fun. Take a Zumba or kick-boxing class. Play basketball, racquetball, or tennis.



6 Take a hike. Go for a long walk on a trail or in a state park.



7 Start a weekend challenge. Compete with coworkers or family members to see who can get the most steps on the weekend.

8 Get caught up on the treadmill. Limit certain reading or TV shows to time spent on the treadmill and you'll be motivated to get moving!

Walking in nature has added health benefits. Time spent outdoors in natural environments can improve mental health and vitality.

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.