

# Take Steps to Take More Steps



Are you aiming for 10,000 steps a day? Maybe 5,000? Here are 20 ideas to help us reach our goal.

- CHART
- CHILDREN
- CLEANING
- DANCING
- DOG WALKING
- ERRANDS
- EXERCISE VIDEO
- FITNESS TRACKER
- GARDENING
- HIKING
- LAPS
- MARCH IN PLACE
- PACING
- PEDOMETER
- SHOPPING
- STAIRS
- STANDING
- TREADMILL
- VACUUMING
- WALKING CHAT

K J F P D L C P E R C J D L O  
 G D I E W C H A R T E D Q E A  
 A G T D S T A I R S Y W D Q W  
 K C N O S F M T A P H I L L A  
 X H E M P H M R N N V H L Z L  
 Z I S E U B O Q D E N I V L K  
 T L S T D L A P S V M K A Q I  
 W D T E A Y D I P D G I C N N  
 Z R R R E N C A A I C N U R G  
 Y E A G A R D E N I N G U P C  
 O N C S E T R I G C Q G M A H  
 W B K X U T X F N W I U I C A  
 C L E A N I N G M G I N N I T  
 M A R C H I N P L A C E G N E  
 D V Y J D O G W A L K I N G T