Move More!

- Take a mall walk with a loved one or with a group of co-workers that motivate you and support your efforts.

- The winter months are a great time to do some fun indoor activities like bowling, ice-skating, or roller-skating.

- At work, rather than take your break at a specific time try and take your morning or afternoon break when the rain lets up and you can get out for a quick walk between showers.

- At work, rather than sending an email or calling a coworker in the same building, get up and walk over to their desk. Remember, every step counts.

- If you are meeting with a coworker, see if you can meet while taking a quick walk outside.

- After work, commit to meeting a friend for an after work stroll. Remember, it can be hard to see pedestrians on a rainy evening, so be sure and wear a light color jacket, reflective material, or bring a flashlight so others can see you.