

# Achieve Fitness

## One Step at a Time

Too busy to possibly fit in a workout? Simply adding steps to your daily routine—with a little help from a pedometer—can be as easy as opting for the stairs instead of the elevator.

Studies show that people who take at least 10,000 steps a day are generally healthier and in better physical shape than those who don't.

Every minute of walking takes approximately 100 steps, which adds up quickly when you look for ways to fit extra steps into your day:

- Park a little farther from the office or store
- Take the stairs
- Walk short distances instead of driving
- Talk to co-workers in person instead of through email or phone