

# INCREASE YOUR STEPS. LOWER YOUR RISK.

WALKING LOWERS  
YOUR RISK OF  
TYPE 2 DIABETES,  
HEART DISEASE,  
AND STROKE.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Week 1 Goal: 2,500 daily steps	Start out slowly. You can do this.	Stand up and stretch every 30–60 minutes.	Use the stairs instead of the elevator.	Take a lap around the office.	
	Week 2 Goal: 5,000 daily steps	Keep a log of your progress.	Go for a walk at lunchtime.	Take a post-meal walk around the block.	Have a “standing” meeting.	
	Week 3 Goal: 7,500 daily steps	Stay on track. Set a reminder to move!	Park farther away. Those extra steps can really add up.	Take a break and move.	Find a new route for lunch walks.	
	Week 4 Goal: 10,000 daily steps	Use a standing desk.	Walk instead of calling or emailing.	Fit in small exercises at your desk.	Download next month's calendar at <a href="http://HealthyDelaware.org/Workplace">HealthyDelaware.org/Workplace</a> .	



# MOVE BETTER. FEEL BETTER.

REGULAR PHYSICAL  
ACTIVITY CAN  
IMPROVE YOUR  
MOOD, ENERGY,  
AND OVERALL  
WELL-BEING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Feeling stressed? Try deep-breathing exercises.	Do three sets of 10 calf-raises right at your desk.	Venture out and walk to a new destination.	Make it a point to take the stairs a few times.	Bring your bike and go for a ride at lunch.	
	Plan your healthy meals for the week.	Avoid sweet treats today.	Fit in squats right from your chair (three sets of 10).	Drink eight glasses of water today.	Take a yoga class at lunch.	
	Interlace your fingers and reach up high for a good stretch.	Jog in place for 30 seconds throughout the day. Repeat 10x.	Lose the sugar in your coffee.	Take an early lunch walk to avoid the hottest hours of the day.	Plan a new kind of exercise for the weekend.	
	Drink plenty of water and stay hydrated.	Cut back on added fats.	Shake off stress with shoulder shrugs.	Do some light weightlifting at your desk.	Map out a new hiking trail. Visit <a href="http://destateparks.com">destateparks.com</a> for ideas.	