

# INCREASE YOUR STEPS. LOWER YOUR RISK.

Adding new activities to your daily routine can have significant health benefits. Many experts recommend walking at least 10,000 steps a day. Increasing your steps can help lower your risk of Type 2 diabetes, heart disease, and stroke. Adding more steps can also **increase energy, improve mood and productivity, and reduce stress.**

When you have a busy schedule, it may feel like there's not enough time to fit in fitness. But you don't always have to be on a treadmill to exercise. You can stay fit by becoming more active in your daily routine. And we want to encourage you to do it right here at work.

- Take the stairs instead of the elevator.
- Walk to a coworker's office instead of using the phone or email.
- Take a walk at lunchtime, and choose a different route each day.

[Download this month's calendar.](#) You'll get to your 10,000 steps in no time!