

SET YOUR STEPS

Being physically active can help reduce your risk for chronic disease and enhance physical and emotional well-being. Take the stairs instead of the elevator. Walk to a coworker's office instead of using the phone or email. Try different routes to keep your lunch-break walks interesting. Set a goal for yourself. Use an app or a fitness device, and track your progress.

LEARN MORE WAYS TO INCREASE YOUR STEPS DURING
THE WORKDAY AT HEALTHYDELAWARE.ORG/WORKPLACE.