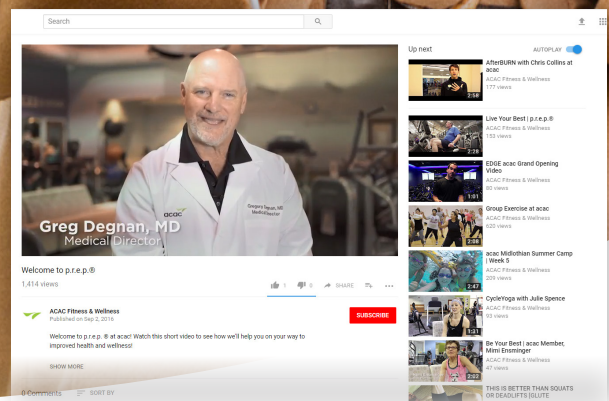


March into Health from Dr. Greg Degnan **acac's Medical Director**

Tips for how to get to 10,000 steps safely each day:

1. Park further away. You will gain between as much as 80 steps for every extra minute it takes you to get from the car to the door.
2. Take the stairs when it is one or two flights up or three flights down. Each flight of stairs is worth around 40 steps.
3. Use part of your lunch break to walk. It will get you steps, make you eat less, and help your digestion.
4. Walk down every aisle at the food store even if you don't need to.
5. Walk your dog instead of letting them out. 15 minutes will gain you 1,000 steps and they will love you for it...
6. Plug in the headphones and walk during your phone calls. Again, a 15 minute call can get you 1,000 steps or more.



p.r.e.p.® | **acac**
physician referred exercise program

Visit **acac.com/prep**, and go to the educational videos for more great information. For more ideas on getting to 10K steps per day, go to: **<https://www.prevention.com/fitness/15-ways-to-get-10000-steps-a-day-without-exercising-more/>**