



Top 10 creative ideas to help you complete the 10K steps feel good challenge.

There are tons of little things you can do over the course of the day to watch the number on your fitness tracker climb. If you implement several of these into your day, you'll be surprised how quickly you reach your step goal.

1. Pace the bathroom while you brush your teeth.
2. Walk around the kitchen while your coffee brews
3. Take a walk in your lunch break
4. Take your furry friend for a longer walk or if you do not have a dog as a pet offer to walk a friends or neighbours dog
5. When watching the TV, get and up walk around while the ad breaks are on
6. Crank the music up when cooking dinner and dance around the kitchen
7. In the office, set a timer on your computer each hour for you to get off your chair and walk around the house/office or even the back garden
8. Carry your shopping bags one at a time from the car to your house
9. Ditch the car for small errands and walk instead
10. Instead of meeting your friends for that coffee and cake, make the coffee a take out, walk and chat then treat yourself to that much deserved slice of cake

Also, try to set yourself a goal. If your daily goal is 60 minutes, then you could walk 25 minutes in the morning, 15 minutes at lunch and 20 minutes after lunch. Good luck!

