



23 Surprisingly Easy Ways To Achieve 10,000 steps A Day!

HealthFit Publishing

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The Dangers of a Sedentary Lifestyle

Some have likened the increasingly sedentary lifestyle of the modern era to the new smoking. Technology is one of the biggest culprits for fewer people spending time outdoors for leisure activities and entertainment. This includes too much time watching TV, playing video games or on the computer (and not enough activity). There are several health risks associated with a lack of regular physical activity and too much sitting. Some of these risks include:

1. Type 2 Diabetes.
2. Weight Gain & Obesity.
3. High blood pressure.
4. Anxiety.
5. Cardiovascular disease.
6. Increased stress.
7. Breast cancer & Colon cancer.
8. Depression.
9. Osteoporosis.

The Benefits of Walking

There are so many benefits to adopting a walking lifestyle. And some of these may even surprise you. Walking helps:

1. To lose & maintain weight.
2. Reduce the risk of heart disease.
3. Reduce the risk of diabetes.
4. Reduce the risk of high blood pressure.
5. Reduce your stress levels.
6. Reduce anxiety.
7. Strengthen bones & muscles.
8. Improve the quality of sleep.
9. To boost energy levels.
10. To relax and clear the mind.

About Health Fit

HealthFit Publishing is a health and fitness publishing brand. We are committed to bringing sound knowledge and actionable advice on health and fitness issues to people around the globe. Our work aims to inspire and motivate society to reach its

health, fitness, and weight loss goals. We are passionate about simple ways of improving health and wellness that are achievable. We pride ourselves on being advocates for simple, healthy changes to improve quality of life. This is our purpose, and it's why we aim to encourage learning how to achieve a healthy lifestyle. We aim to make healthy living accessible to everyone and anyone who wants to make that same amazing change.

Walking is simply the perfect form of exercise. It is accessible to just about everyone regardless of gender, social status or age.

This simple ebook is designed to help you reach 10,000 steps per day and, as a result, live a healthier, fitter, and ultimately happier life.



1

Schedule your daily walk



This may seem self-evident but going for daily walks is one of the most effective ways to lose weight, improve fitness, and improve your overall health. It's probably the most successful way to reach your daily step target. You have the choice of pounding the pavement, hiking, or going on trails. The main thing is to create and commit to a walking schedule.

2

Walk while making conference or social calls



Conference calls and social calls could be scheduled during long walks. Walking gets you away from your desk or house, allowing you to avoid the customary distractions, so it could be a good time to hold those discussions that necessitate a certain level of concentration. Alternatively, while out for your daily walk, you can catch up on missed social calls.

If this becomes a habit, investing in effective noise cancellation headphones or earpieces, particularly if you walk on or near busy highways with passing cars, may be beneficial. When wearing noise-cancelling headphones, make sure you're aware of your surroundings.

3 Use the stairs as much as possible



Swap the elevators and escalators for the stairs. You could even use this as exercise and set a timer to go up and down the stairs, say every hour or couple of hours.

For instance, if you work in a large building, you can go up or down a couple of levels then get back to your desk. This also allows you to take a break from sitting at your computer for long periods of time.

4 While listening to a podcast or an audiobook



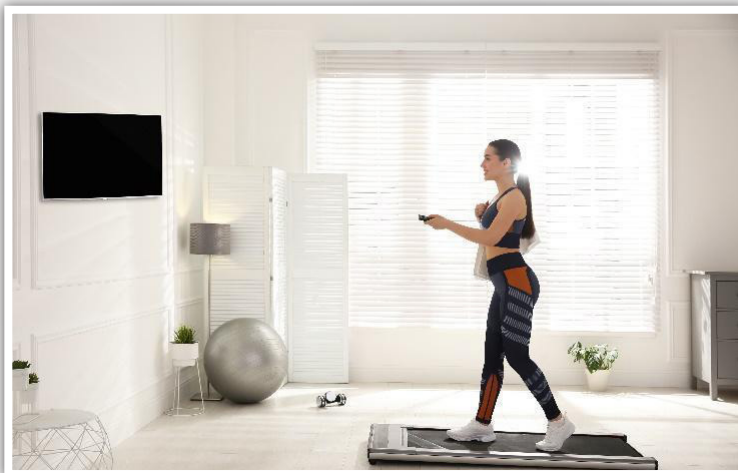
You can walk indoors or outdoors while listening to a podcast.

Always be safe when listening to music outdoors, and turn down the volume to hear external sounds, or use transparency mode if your listening device supports it.

Play your favorite podcast or listen to an audiobook while you're walking at your trail in the park. Listen to affirmations, guided meditations, and educational material, as well as entertainment content while you're enjoying your outdoor walk.

5

Use Treadmills



Treadmills are a great way to increase the amount of steps you walk in a day while also burning calories! They provide a great way to get a low, moderate, or high-intensity workout.

Placing the treadmill in front of the television, for example, allows you to watch TV while walking.

Some treadmills include built-in audio or video features or may connect to your smartphone to make your workout more enjoyable. Some treadmills may also be folded to make storage easier.

6

While listening to music



You can walk indoors or outdoors while listening to music. To make it more enjoyable, sing along and walk to the beat of the song. Walking outside while listening to music is a terrific way to enjoy your walk.

However, be sure to take precautions to ensure that you are listening safely. Reduce the volume or activate transparency mode if your headset supports it to hear oncoming vehicles.

7 Arrange for walking meetings



Instead of holding a meeting in a conference room or an office, invite colleagues or partners to go for a walk. These gatherings can take place in vast office building hallways or at a nearby jogging route, track, or facility. Walking has been found in recent research to encourage creative thinking.

This is a healthy and enjoyable method to brainstorm while also getting some exercise.

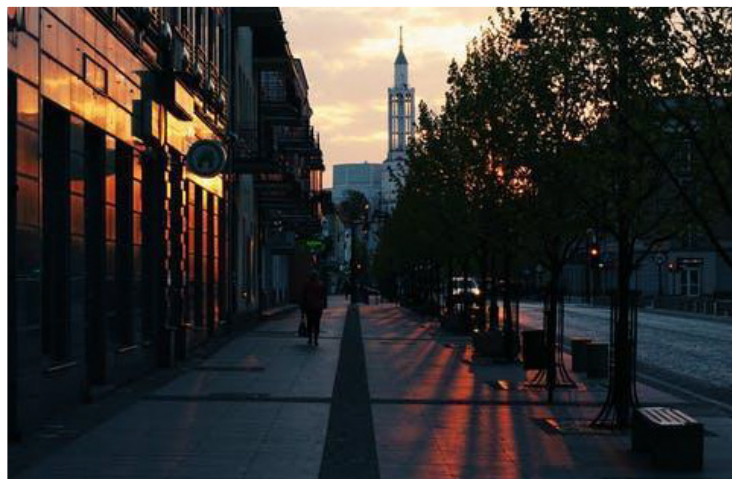
8 Pushing your baby stroller



Taking your baby stroller for a walk is a perfect way to keep in shape, get some extra steps, and bond with your baby.

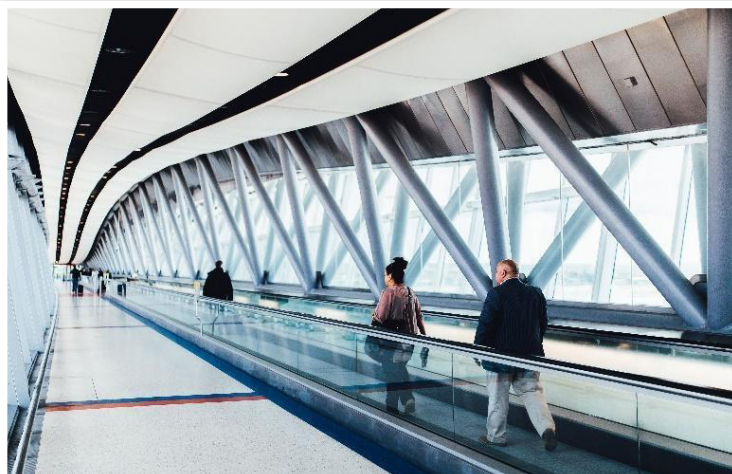
Note that if you use this as a regular exercise, it may help to invest in a dedicated exercise stroller. These strollers allow you to adjust the stroller handles, helping you to walk in a more typical style, and the tires provide more comfort for the baby.

9 After-dinner strolls



After dinner, go for a stroll with a loved one or friend, but make sure it is safe and the streets are well lit. As well as increasing your number of steps, after-dinner strolls aid the digestion process.

10 Walk as much as possible at airports



Depending on your perspective, aircraft travel can be exhilarating or dull. However, one thing is certain: there will be a lot of sitting.

To make up for all that sitting, go for a walk through the airport, visiting the various stores, rather than sitting in a lounge waiting to board your flight.

Some airports have gone to great lengths to construct pedestrian-friendly walkways. Take advantage of this opportunity to enhance your step count.

Use the sidewalks between wings or terminals rather than the shuttle trains when you arrive at the airport and need to change wings or terminals.

11

Return the shopping cart to the store



After shopping and putting the bags in the car, return the shopping cart to the store. Don't leave the shopping carts in the car park or designated shopping cart parks in the parking lot. Make the extra effort to take the shopping carts back to the store.

Those additional steps count.

12

Park in a location so you can take more steps



When doing chores or running errands, park in a location where you can walk to all of your destinations. You can choose a parking location that is a mile away to allow you to take more steps.

13 Gardening



Gardening is a terrific method to get in some extra daily steps, while pruning those hedges. Gardeners will tell you that this is one of the best ways to spend the day and get in over 10,000 steps while doing something you enjoy. Perhaps this may inspire you to start gardening as a new hobby and raise your daily step count while doing so.

14 Take up playing golf



Golf is a fantastic sport that is played all around the world. It entails using a club to hit a ball from hole to hole on a golf course.

A standard course contains of 18 holes, however there are 9-hole courses which allow golfers to complete an 18-hole game by playing twice. Deliberate obstacles, like sand dunes or lakes, may be included on the course to make the game more

challenging. The distance between the holes varies depending on the golf course and walking through all of them requires a lot of steps. Golf is simply the best method to unwind and have fun for people who enjoy it.

15 Go rucking



Rucking is the act of walking with a heavy knapsack or backpack. It is a great cardiovascular workout that burns up to three times as many calories as walking, according to some reports. Rucking is a great method to get more steps in each day whilst developing your strength, stamina, and endurance.

Rucking is appealing because it is simple (carry a backpack) and scalable (add more weights to the backpack).

16 Indoor walking tracks



Find sports facilities with indoor walking tracks. An indoor track is a perfect way to get a walking workout and hit those step targets.

Indoor walking tracks walking tracks are perfect when the weather is bad. They're also great for interval training, where you can change the speed for an aerobic challenge.

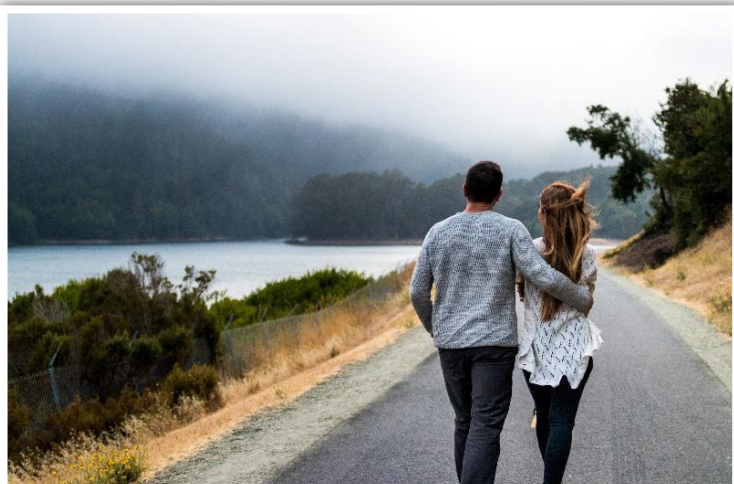
You can boost your pace and aerobic ability by doing fast walking workouts. Often, the facility can provide coaches who can show you how to get the best from these tracks to suit your workout objectives.

17 Walk with walking partner(s)



Find walking partners who want to achieve the same goals as you. Come up with a routine and plan that works for both of you. Many people feel that this motivates them and makes them more accountable.

18 Date walk



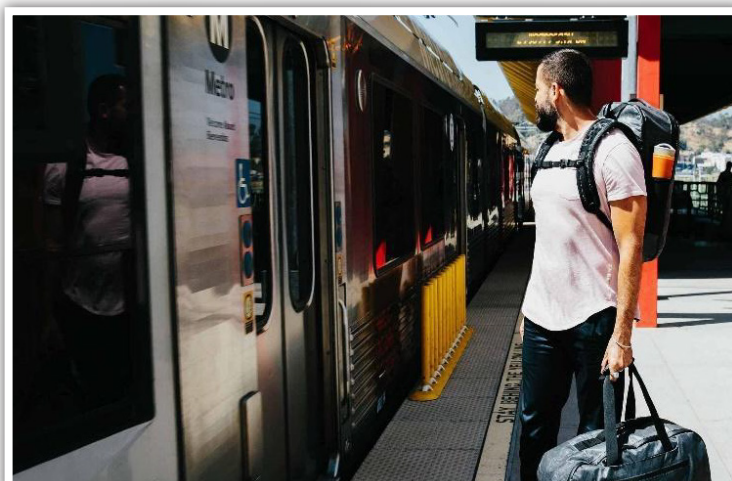
Go for a walk before or after a movie or dinner date. This is an old-fashioned but romantic way to start or end a date.

19 Geocaching



Geocaching is a relatively new and fun way to find hidden treasures. When you use GPS to locate an object or a “geocache” that has been concealed, you are geocaching. You will be required to deviate from your usual route, and you’ll have fun while you’re looking for the item. And who knows how many steps you could add by the end of the day!

20 Get off the subway earlier, and get on later



Get off the train, subway or bus, a few stops earlier than usual and walk the rest of the way home or to the office. On different days, alternate where you get off. Similarly, board the subway a few stops later than usual. These additional steps boost your daily step count.

21

Join a walking club/group



Join a walking club and participate in group events. Some people will find that this provides them with the extra motivation they need and a place to meet those who share their goals. To keep things interesting, walking clubs host several walking activities that are both fun and entertaining.

22

Nature walking



There is so much to be said about nature walking. It is the great outdoors: there's lots of fresh air, and nature can be so therapeutic. For many people, walking in nature lifts the mood and spirit and creates an environment for reflection. Think about the number of steps you can take in a day of nature walks!

23

Landscape photography



Walking while doing landscape photography is a great way to rack up a lot of steps. If you take it seriously, it could either be a new hobby for you, or a way to earn some money. Some landscape photographers have claimed to have walked for miles without realizing it!

We hope you enjoyed the book, and it has got you thinking more about walking.

**If you want to share your walking experiences, please
send an email to info@healthfitpublishing.co**

Let's get walking!

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