

50 Ways to Walk More

1. Use the stairs instead of the lift.
 2. When travelling by bus/train, get off one stop before your destination.
 3. Take a walk in the park.
 4. Organise a scavenger hunt.
 5. Walk the dog.
 6. No dog? Offer to walk a neighbour's or volunteer at an animal shelter.
 7. Use digital motivation, such as a [fitbit pedometer](#).
 8. Set step goals.
 9. Get a walking buddy.
 10. Start a walking group.
 11. Join an established [walking group](#).
 12. Change up regular routes to avoid walks becoming boring.
 13. If shopping in a mall, do a lap before going into any shop.
 14. Do the school run on foot.
 15. Listen to [music](#), an [audiobook](#) or podcast. Always be aware of your surroundings.
 16. Go for a romantic stroll.
 17. Explore your neighbourhood.
 18. If your immediate area doesn't have pleasant surroundings, visit a nearby neighbourhood and start your walk there.
 19. Complete a [charity walk](#).
 20. Treat yourself at the end of a walk.
 21. Wear comfortable shoes.
 22. Lessen your load. When moving laundry or groceries, take more trips. This has the added benefit of being easier on your back too.
 23. Work off the calories after dinner.
 24. Go golfing without the golf cart.
 25. Talk a stroll along one of the many [canals or rivers](#) across England and Wales.
 26. Walk to the local shops.
 27. [Stretch](#) before any lengthy walk or hike to avoid injury.
 28. Post your goals online to add accountability.
 29. Waiting for a train? Don't stand in place, walk along the platform.
 30. Pick up a takeaway instead of having it delivered.
 31. If you're competitive, arrange a competition to see who can walk the most with friends, colleagues or family.
 32. Build steps gradually. This is especially important if you're not used to regular exercise.
 33. Wear comfortable clothes. Clothes are just as important as the shoes you choose.
 34. Change a bad habit and choose walking instead.
 35. Take the scenic route instead of the direct route.
- At Home**
36. If the weather's bad try a YouTube [walking video](#).
 37. Vacuum.
 38. Break up your Netflix binge by moving around after every program.
 39. Mow the lawn.
 40. Get up when the ads are on TV and move around.
- At Work**
41. Walk to work.
 42. If you can't walk to work and have to drive. Park further away from your workplace.
 43. Walk to a colleague's office/workstation, instead of emailing or phoning.
 44. If you like to drink water, don't fill up a jug, instead walk to the water cooler and fill up a glass at a time.
 45. Step away from your desk at lunchtime and go for a stroll.
 46. Grab a coffee and take your meeting outside.
 47. Use a printer further along the corridor.
 48. Set a timer and take regular breaks from the monitor.
 49. Invest in an [cycle desk](#) or [treadmill desk](#).
 50. Use the bathroom on another floor or one that's further away.