

# Step This Way

Week 3

## **Take your dog or kids for a walk**

I admit, I don't always take my dog for a walk, but am trying to now! In our old house, we had a walled in yard so we could just let her out and she could run as she wished, well now we don't have a fence so walks it is. I am trying to get up a little early in the morning and taking her for a quick walk- I try for 30 minuets but even a 15 minute one can help you add in more steps.

## **Move more at home**

I don't sit much when I am home, probably just because I have three kids and they don't let me rest! But if you are a sitter, try and get up and move more. If I have blogging work to do, I try and get up every so often and walk around the house, cleaning up a few things here and there to sneak in some extra steps during times where I may not get any in.

## **Do some cleaning**

Cleaning isn't fun, but it does add up steps! Spend 15 minutes a day cleaning different rooms, and not only will your house thank you, but your body will too!

## **Sneak in a dance**

If you are bored and want to get active, why not turn on a few of your favorite songs and get in some dancing? This is a fun way to get in some steps and get your heart pumping- make your kids join you too!

## **Park further away**

Instead of parking close up by that store you need to go to, look for that shady spot in the parking lot further away and walk a bit.

## **Go shopping**

Speaking of shopping- shopping is a great way to get in more steps, and any excuse to head to Target is a great one for me!

## **Do some yard work**

Doing raking, weed pulling and watering plants are all great ways to get in extra steps during your day- and your yard will look better too!

## **Be less efficient with chores**

I know this sounds weird, and doesn't always work depending on your time, but instead of taking all of the toys upstarts to the kids rooms, try taking two or three trips- this will really help to increase your step count, especially if you have stairs!

## **Take the stairs**

Yup. Stairs are a great way to get in extra steps, so run up and down them a few extra times at home, and avoid the escalator or elevators when you can and watch as your step count rises dramatically!

## **Create a competition with friends**

One thing I love about my Fitbit is how I can create competitions with my friends and family that have one too. A little heathy competition is a sure fire way to get you up and moving!



These tips came to us via [ourthreepeas.com](http://ourthreepeas.com). Keep an eye out for a great blog, such as this one. Sometimes social media can keep you plugged into your goal.