

Top tips to increase your step count



Go for a walk outside on your break and you'll feel more alert and more productive for the rest of the day!



Take the stairs instead of the lift - you'll save some time waiting and burn some calories at the same time!



Walk to your colleague's desk instead of sending them an email - an email doesn't show a happy smiling face!



Break up your sitting time - give those arms and legs a little stretch and a wiggle, stand up whilst you're on the phone or go for a walking meeting



Why do more steps?

You don't need to be training for a marathon or going to the gym to feel the benefits of being more active. Just a small increase in the amount of steps you do each day can help you:



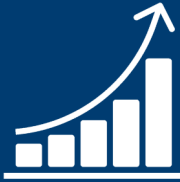
✓ Have more energy



✓ Boost your mood



✓ Reduce stress



✓ Improve concentration



How to count your steps



www.merseysidesport.com/myactiveworklife



How many steps should I be doing?

It's recommended that we aim to do 10,000 steps each day, which is equivalent to walking roughly 5 miles. Some people, especially those working in sedentary roles, may struggle to achieve this; establish what your daily average is and then try to improve it gradually.

Some people like to track their step count to see how much they move throughout the day, and there are a variety of ways in which you can keep track of how many steps you do each day...

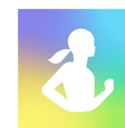
1. Smartphone apps

There's hundreds of apps available to download that help you to count how many steps you do, providing of course that you keep your phone on you all day to give an accurate reading.

Some phones (e.g. iPhones and Samsung phones) include pre-installed apps that will do the job for you, but you might just need to open the app and authorise it first.

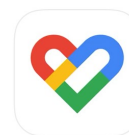


Health app
(iPhone)

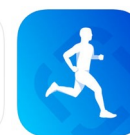


Samsung
Health

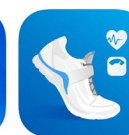
You can also search "step counter" in your app store to find free/paid apps that count your steps, such as the ones below*



Google
Fit



Runtastic



Pacer



StepsApp



Activity
Tracker

* as with any app that you download, please be vigilant and double check whether there are any costs involved and whether the app is from a reputable provider. If you are using a device that is not your own personal device then please check with the owner before downloading and using.



2. Wearable devices

If you're not able to have your phone on you whilst at work, you could invest in a wearable device that you put on your wrist, clip on your belt or wear over your chest.



Well known brands include Fitbit, Apple Watch and Garmin, but cheaper alternatives are available and you can also pick up a basic pedometer from most supermarkets for a couple of pounds.