

# 30-Day Steps Challenge



With TV, food delivery services, the internet, and desk jobs, it has never been easier to spend all day sitting down. It might sound relaxing, but sitting too much can cause a lot of damage to the body!

That's why we've put together a list of tips and tools to help you get your body moving.

When you're ready to start your challenge, your mission is simple: **Aim to get 5,000 steps each day** for 30 days in a row. Don't worry if you don't reach your goal every day—any physical activity is better than none.

Ready to get stepping? Let's go!



## Check off all the days when you got 5,000 steps.

Click the squares on the left side of each day, or print this out and fill them in by hand.



1

Why do you want to get more active? Trying to lose weight? Build up more energy? Manage a condition? Whatever your reason, **write it down** to remind yourself why you're doing this.



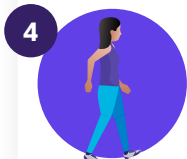
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Here's a little motivation to light a fire under your seat. Our [Why Move More?](#) article lists some key reasons to get up and get moving.



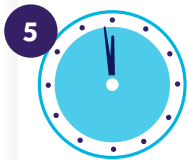
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Keep working up to **5,000 steps per day**. If you're already nailing it, go for 7,500 steps per day, or even the gold standard **10,000** steps per day. This will promote some amazing health benefits in the long run.



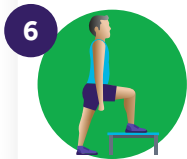
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You know how to walk. But is your walking technique the safest? Check out our [technique guide](#) to double-check.



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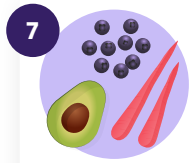
Did you know that if you get **150 minutes of moderate activity each week**, you can lower your risk of heart disease, diabetes, stroke, and even some cancers? Work your way up to it bit by bit.



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Mix it up! **Step-ups** are a safe, easy way to get your feet moving and your blood flowing, even in the comfort of your home.

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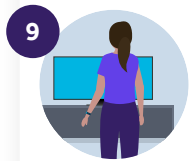
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Fuel up with a more helpful kind of food. When you can, choose whole foods like non-starchy veggies, lean proteins, and whole grains. When you eat nutritiously, your body has more energy to move!



8

You don't have to schedule exercise to meet your step goal. **Lifestyle activity** like yard work or cleaning can register as steps on your phone or a wearable device.



9

Break up your couch time with **active commercial breaks**. While watching your favorite shows, stand up every time an ad comes on and gently walk in place. The steps really add up!



10

Are your walking shoes helping you or hurting you? **Find your perfect walking shoe.**



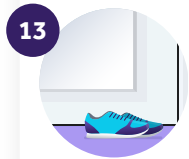
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Treat your body to more steps by making things **a little more inconvenient**. Park farther away from the store, or if you take public transportation, get off one stop early so you can walk the rest of the way.



12

Having trouble staying motivated? It's normal to lose a little steam. Here are some simple ways to **get motivated to move**.



13

Make activity the easy choice. **Keep your favorite walking shoes somewhere you'll see them**, like by your front door or even next to your bed. Let them tempt you!



14

Get some fresh ideas for reducing your sedentary time. Here's our guide for how to **sit less and move more**.



15

You're halfway through the challenge! Remember: It's about progress, not perfection. **Think about what kinds of activities have inspired you most** to get up and move. Come back to those activities so you can reach that 5,000 steps goal as many days as possible!

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16



Spice things up by becoming a sightseer in your own area! Here's how you can make walking more fun and [become a "local tourist."](#)

17



Next time you have a phone call with a loved one, try **pacing around your home** while you talk. It's a great way to pass the time.

18



**Walking lunges** are a powerful form of activity. You can strengthen your legs and tighten your core—all for free without any equipment!

19



What music puts you in the mood to move? Pump yourself up for physical activity with a **playlist**. You can find one online, or even make one yourself with all your favorite songs.

20



Looking for more ways to add steps? Take something you already do and make it more active. For instance, here are a few easy ways to [get more steps at the grocery store](#).

21



Of course, **rest is important**, too. You don't have to break records every day! Take things slow as you work to meet your goal for 5,000 steps each day. Listen to your body and enjoy your seated breaks when you have them.

22



Are you spending more time **working from home** these days? These tips for staying active are just for you!

23



You can break up long stretches of seated time by scheduling little reminders on your computer or phone. Set a **gentle alarm** that cues you to get up for a few minutes each hour.

24



You don't have to do it alone! There are always ways to [make fitness more social](#). Find ways to connect with people around you while still reaching for your step count goals.

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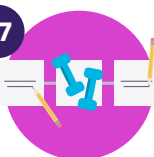
Try to make walking part of your **daily routine**. A short walk before you start work, wandering a bit on your lunch break, a family excursion after dinner—whatever works for you.

26



Feeling stressed? Try a focused, reflective walk. This **guided meditation** will get you stepping and, when practiced often, can even help you get a handle on stress!

27



Physical activity has been shown to improve mood, lower the risk for depression, and possibly even stave off dementia. **Take note of how you feel before and after exercise.** Do you notice a difference?

28



Take your usual walk routine to the **next level**. With a couple of easy exercises, you can turn a simple stroll into a strengthening workout!

29



The stairs are your friend. Burn extra calories and get more steps by skipping the elevator and taking a flight or two.

30



How did it go? Did you get more steps over these last 30 days? **Reflect on what worked for you** and how you can keep getting more active in the future. Then be sure to **reward yourself** for all your hard work! Celebrate those wins.



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