

# HINDMARSH AND FITZROY PHYSIOTHERAPY

281 Port Rd Hindmarsh  
Ph 8346 2000  
40 Prospect Rd Prospect  
Ph 8342 2233

## 50 WAYS TO INCREASE YOUR DAILY STEPS

**50 WAYS TO WALK MORE.**

**YOUNG, OLDER OR IN BETWEEN WE'RE ALWAYS LOOKING TO  
INCREASE OUR STEP COUNT — BECAUSE EVERY STEP COUNTS.**



## HERE ARE 50 EASY WAYS TO INCREASE YOUR WALKING WITHOUT KNOWING IT

1. Go sightseeing in your home town.
2. Walk one way to your destination and take a bus, cab or Uber home.
3. Make your next coffee date close to a park, and walk with your drinks. Bonus: fresh air.
4. Park the car a few blocks away from where you drop off your kids at school, then walk with them. Bonus: They get a walk, too.
5. Play "I spy" while walking with your kids.
6. Organize a scavenger hunt.



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7. Walk to work.

8. Park your car a few blocks or parking spots away from your workplace.

9. Get off one stop earlier on the bus, train or tram.

10. Choose one meal a day and walk for 10 minutes after it. Bonus: Walking after eating regulates blood sugar and helps weight loss.

11. Shop more often for groceries. Bonus: fresher food.

12. Walk to the supermarket. You can only buy what you need and you have to carry it home.

13. Walk around a farmers market once before going to your usual vendors.

14. Organize a walking group. You'll spend time with friends without food and drink.

15. Choose a favourite song and count how many steps it takes to walk the duration of that song. It almost feels like dancing.



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16. Plan walking meetings.
17. Make your book club an audiobook club and read the books while walking. Eg Start with Katy Bowman's "Move Your DNA" which has miles per chapter listed at the beginning of each section.
18. Look for wild food outdoors. There are a lot of edible plants if you do your research. Just think: You're getting free nutrients straight from Mother Nature.
19. Volunteer at a local farm or community garden.
20. Volunteer to help with child care in your local church or other community centre.
21. Help your city or beach clean up.
22. Map a regular walk you take, then get creative and find a new route.
23. Take a cooking class.
24. Try a walking meditation instead of sitting for a clear mind and slower-paced life.
25. Sign up for a 10K and plan to walk it.."





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26. Walk your dog. You'll have a happy and healthy dog and meet fellow dog lovers in your area
27. Park far from your gym and use walking as your warmup and cooldown.
28. Walk your kids to the playground.
29. Walk around the track while your kids play sports.
30. Walk to breakfast, lunch or dinner.
31. Bike one way to your destination and walk your bike the other way.
32. Walk in the airport terminal before a flight.
33. Walk while waiting for your bags at baggage claim.
34. Take the stairs instead of the elevator.
35. Have your morning coffee or tea while walking. Bonus: This habit helps your circadian rhythm.
36. Play frisbee
37. Go golfing and ditch the golf cart.
38. Have you tried geocaching? Walk to search for and gather objects. Bonus: It's a fun game.
39. Paint inspirational rocks and walk around your local hiking trails and parks to place them. Bonus: You'll brighten your community.



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40. Remember how far you walked to school as a kid? Trace that distance and see how long it takes you now.
41. Plug in your phone to charge in the farthest room in the house. Walk back and forth to check messages and make calls. Bonus: You'll have fewer distractions.
42. Plant your own vegetable garden. Reap the benefits of amazing tasting fresh food.
43. Swap your leaf-blower for a rake and broom. There will be less pollution and more whole-body movement.
44. Give the housekeeper a vacation and do your own vacuuming, mopping and dusting.
45. Volunteer at a pet rescue or animal shelter — lots of dogs need walking and your love.
46. Pull your kids in a wagon.
47. Hunt for xmas decorations. Step into nature to find leaves, pine cones, holly and use your supplies to make a wreath.
48. Go bowling — steps add up.
49. Return your missed calls while walking, preferably outside to take advantage of the natural light and fresh air.
50. Start a walking challenge at work. You'll get to know your colleagues and support each other.

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We hope at least one of these ideas may help to increase your step count in an enjoyable and easy way.

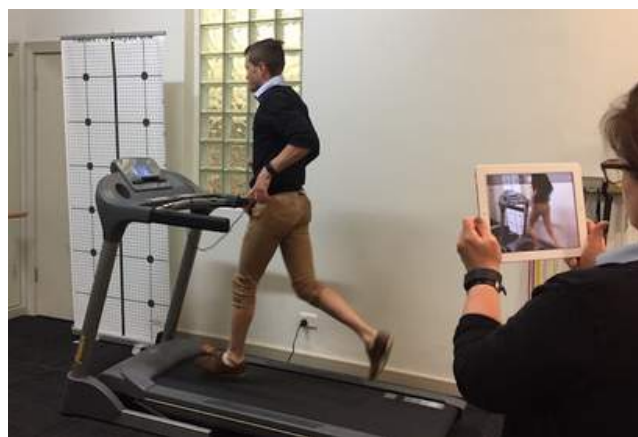
Happy walking

If you know of any other ideas please let us know- [info@hindmarshphysio.com.au](mailto:info@hindmarshphysio.com.au), we'd love to add to our list.

*Adapted from original article in myfitnesspal*

Speak with one of our Physio team if there is an activity you would like help to resume - walking, golf, tennis, running, netball, playing with kids and grandkids or just maintaining your independence.

Call us on 83462000 or 8342 2233



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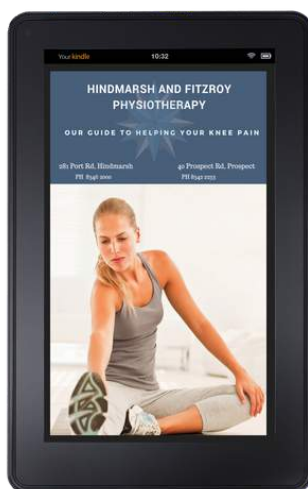
There are many reasons people lose their flexibility, strength and fitness. Increasing your daily walking can aid in returning to a more active lifestyle.

*As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment, you are welcome to download these informative E-books that you may find useful to get you on your way.*

## OTHER RESOURCES



### BACK PAIN



### KNEE PAIN



### DIABETES

**To access our free E-book Resource just click the images above**

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

*We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk*