

# Step Your Way to Better Health

Tips to Get More Steps In (No Matter Your Lifestyle!)

Small steps = big impact. Whether you're walking the dog, pacing during meetings, heading out for coffee with a co-worker, or getting in a post-work stroll, every step counts! As you take on the HealthKick Steps Challenge, use these tips to help you stay active and reach your 50,000-step weekly goal—no matter your fitness level or schedule.

## For All Lifestyles: Everyday Ways to Sneak in Steps

**Perfect for: busy schedules, work-from-home life, parents & low-impact movers**

- Walk during calls or Zoom meetings (headsets or AirPods help!)
- Park farther away or get off public transit a stop early
- Take the stairs instead of the elevator
- Break it up with 5–10 minute walks throughout the day
- Enjoy dance breaks with kids or family strolls around the neighborhood
- Use the Pomodoro method: 25 mins of work, 5-min walk break
- Turn errands into active outings—walk to grab coffee, groceries, etc.
- Walk while you are waiting for your kids at practice or lessons

Partner support: Stream a fun movement class with Sculpt Society as a family activity or try the Insight Timer walking meditations to recharge and refocus.



## For More of a Workout: Step It Up

**Perfect for: moderate movers, goal-setters, and those looking to build cardio**

- Walk or jog intervals (alternate 1 min fast / 1 min recovery)
- Take a hilly route or hit the trails
- Walk while listening to podcasts or meditations
- Add short walks as warm-up/cool-down to workouts

Partner support: Use apps like Aaptiv for guided step sessions or schedule low-impact HIIT or guided walks on obé Fitness



## For High-Energy Movers: Challenge Yourself

**Perfect for: fitness enthusiasts or those wanting to level up**

- Go for a long hike in nature
- Power walk or jog for 30–45 minutes
- Use a treadmill desk during calls
- Try walking-based strength/cardio combos with Alo Moves
- Mix in FightCamp boxing workouts for quick step cardio + building strength

Pro tip: Track your heartrate with Garmin or Oura Ring and recover with HigherDose tools.



## Make It Social: Walk with Colleagues

**Perfect for: staying accountable and building relationships**

- Take a walking coffee break together
- Host “walk + talk” check-ins or walking 1:1s
- Schedule team step goals and celebrate weekly wins
- Create a lunch walk loop around the office or building
- Invite a teammate to join you for a Aaptiv guided walk!



## Make It a Habit

- Sync your fitness tracker to Google Fit to automatically track steps
- Use the HealthKick platform to discover step-friendly classes
- Set mini goals and celebrate small moments of victory
- Don't stress over missed days—just keep stepping!



➤➤➤ [Login to your account](#) to start your next steps challenge!