

Add Simple **STEPS** for Big Rewards

Add **2,000** steps to your daily schedule!



Here's a few ways how:

- Get off the bus a stop earlier and walk
- Break a 30 minute walk into three 10 minute walks
- Return the shopping cart back to the store
- Make several trips when putting laundry away
- Go inside to order instead of the drive through
- Encourage walking meetings with co-workers

Aim for **2,000** steps extra each day.

Escambia County Health Department

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