

# 10,000 STEPS

Per Day  
Burn:

2000-3500  
Calories per Week!

GET

MOVING

101

- Go to store and park WAY in the back. Then go inside and purchase a pedometer!
  - Begin by stretching
  - Borrow you daughter's hula hoop (or from the kid down the street)
  - Walk your dog (or again, borrow one!)
  - Turn off the television for one 30-minute show and take a walk.
  - Take the stairs instead of the elevator whenever you can
  - Jump rope
  - On a rainy day, take the stairs in your house over and over again!
  - Play outside with your kids or your grandkids
- Put on upbeat music while you clean your house
  - Change channels on your TV the old fashioned way (NO - not get your kids to do it) get up off the sofa and change it!
  - Take your child for a walk - it's amazing what you will talk about when it is just the two of you!
  - Mow your yard using a PUSH mower
  - Do a historic walk in downtown Charleston
  - Throw a Frisbee at the park
  - Go fly a kite!
  - Go shell hunting at the beach
  - Walk the pier at the new Mt. Pleasant Waterfront Park