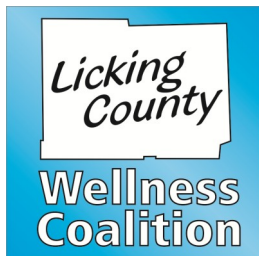


SMALL STEP #1

Walk to Work.

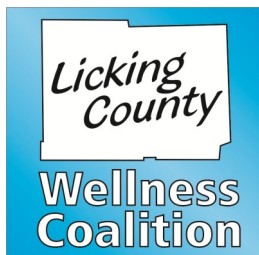


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SMALL STEP #2

Walk during your lunch hour.

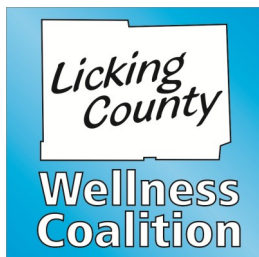


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SMALL STEP #3

If you find it difficult to be active after work, try it before work.

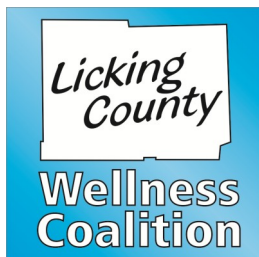


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SMALL STEP #4

Take a walk or do desk exercises instead of a cigarette or coffee break.

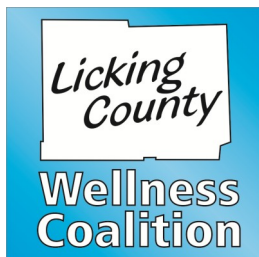


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SMALL STEP #5

Keep a pair of comfortable walking/running shoes in your car and office.

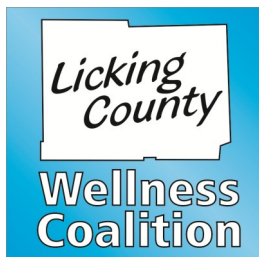


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SMALL STEP #6

A short exercise break of 5 minutes each hour can reduce fatigue, stress and relieve sore muscles.

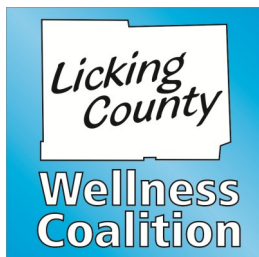


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SMALL STEP #7

Take the long way to the
water fountain.

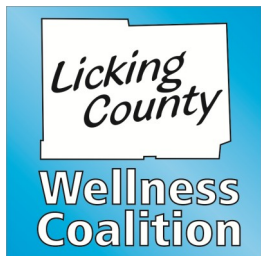


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SMALL STEP #8

Walk to a co-worker's desk
instead of emailing or calling
them.

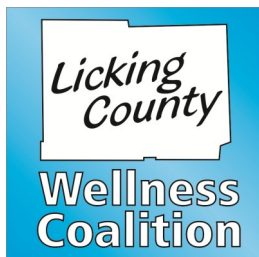


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SMALL STEP #9

Walking up stairs burns almost 5 times more calories than riding an elevator.

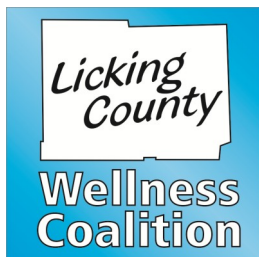


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SMALL STEP #10

There are 1440 minutes in every day... schedule 30 of them for physical activity.



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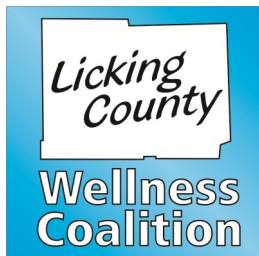
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SMALL STEP #11

Fight fat...

Feel fit...

Frequent these flights.

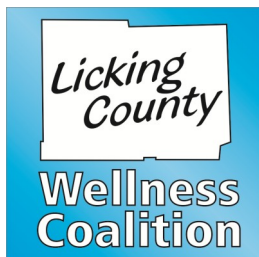


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SMALL STEP #12

Park at the back of the parking lot to get those extra steps each day.

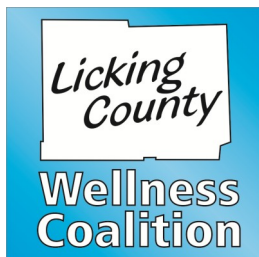


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SMALL STEP #13

Pace around your office while
on a conference call instead of
sitting.

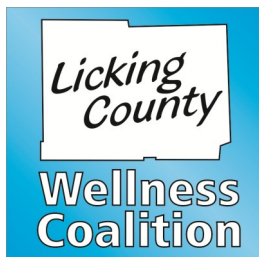


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SMALL STEP #14

Use a restroom on another floor
- make sure to take the stairs!

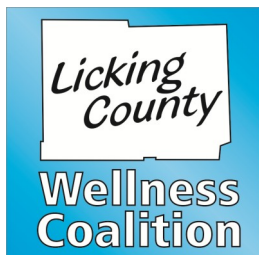


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SMALL STEP #15

Set reminders on your calendar to get up and move around for one minute every hour.



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