**Title**

100 Ways to Add 2,000 Steps

**Time**

Pre-session preparation for learners:  5 minutes

Session:  25 minutes

**Materials Checklist**

100 Ways to Add 2,000 Steps

Pen/Pencil

**Objectives**

To identify activities that will add 2,000 steps at home

To identify activities that will add 2,000 steps at work

To identify activities that will add 2,000 steps at play

**Learners will be able to:**

List activities that will add 2,000 steps at their home

List activities that will add 2,000 steps at their work

List activities that will add 2,000 steps at their play

**Exercises and Activities to Complete Before and During the Session**

Circle physical activity items currently performed in each section

Star physical activity items considering adding in each section

**Pre-session Preparation**

**Read (5 minutes)**

100 Ways to Add 2,000 Steps

**During the session**

**Present/Review (10 minutes)**

Explain to Participants it is not just, what we eat that is important, but also how we use the calories we consume. As long as they are active enough to balance the calories they eat with the calories they burn, they can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2, 000 steps and reducing 100 calories each day they will see how easy it is to achieve the energy balance and stop weight gain.

Small changes in their daily activity can quickly add up to 2,000 extra steps or more!

The first place they could add steps is at home: Neighborhood walks, chores, and errands are great ways to add steps. \*See Discussion #1 below.

The second place is at work: Adding steps to their workday can help them reduce stress and stay alert. \*See Discussion #2 below.

The third place is at play: Whether their leisure time is for physical activity or note, there are plenty of ways to add more steps. \*See Discussion #3 below.

The last place incorporates variety as the spice of life noting other activities can count toward daily steps too. \*See Discussion #4 below.

**Discuss (15 minutes)**

1. Read and discuss the ‘At Home Section’. Ask Participants to circle and say which physical activity items they currently do at home and star and say which ones they would consider adding to their daily routine.

1. Read and discuss the ‘At Work Section’. Ask Participants to circle and say which physical activity items they currently do at work and star and say which ones they would consider adding to their daily routine.
2. Read and discuss the ‘At Play Section’. Ask Participants to circle and say which physical activity items they currently do at play and star and say which ones they would consider adding to their daily routine.
3. Read and discuss the ‘Variety is the Spice of Life’ Section. Ask Participants to circle and say which physical activity items they currently do at work and star and say which ones they would consider adding to their daily routine.

Remind participants: No one tip, by itself, will equal 2,000 steps, but selecting a few each day will get them well on their way!