

Don't have time to exercise? Looking for something to get you going?

Stepping into health

Incorporate more physical activity into your life by setting a goal of 10,000 steps per day.

We include a pedometer to count your steps!

Some tips:

- The first step is the hardest. Take it.*
- Save petrol and walk to work.*
- Take the stairs rather than the elevator.*
- Walk with a friend.*
- Set up a walking circuit at work.*

Being fit will boost your energy, reduce stress, promote weight loss and increase overall health.