

Published based on [10,000 Steps to Great Wellness](#)

10,000 Steps to Great Wellness

Everyone would like their health to be good but not everyone has enough time to get in proper work outs and ensure that this is possible. This is why some health specialists are advocating the ten thousand step method. The idea is that you take at least ten thousand steps each day (walking) and that will help you get very healthy and reduce the time that is required for exercise. Walking is fantastic physical exercise and very low impact. How often have you heard "if he'd merely taken a walk around the block now and then?"

Obviously, getting in ten thousand steps day after day will likely be a challenge. That's a great deal of steps to take! The very good news is that you are already likely taking ten thousand steps every day without realizing it. All you need to do is figure out how to add in a couple or few thousand extra steps to reach this goal. So how will you do that without feeling just like you're spending an entire day walking about?

Increasing your step count can be achieved easily utilizing these obvious methods. Use the stairs instead of the elevator--that's pretty basic. Parking at the far end in the parking lot is also advisable at the mall or the store. You could also simply run all of your purchases out to the car or truck once you buy them as opposed to carting them around from store to store as you shop and take care of your errands. Taking public transit can improve your step count as you have to walk to your bus or train stop and then back home instead of just walking to your car. And, obviously, getting a simple walk every day is a great way to increase your step count.

There can be some less totally obvious methods to improve the amount of steps you take each day. Write your market grocery list in a different order. Most people today will write out a market list in accordance with the aisles in the stores. You can choose to order your list according to category like meat, produce and dairy. Then shop as outlined by the order in the list. Sure you can find yourself running back and forth through the store however it truly is great for taking extra steps every day. Put your mail box on a post at the curb instead of on your door or in your wall. This ensures that the very simple act of checking your mail can create a few dozen steps each day.

There certainly are a lot of ways of build your step count. This can be a part of [work out routines for women](#) as well as of [work out routines for men](#). As you become familiar with the idea of walking 10,000 steps a day you'll think of fantastic ways to reach this goal faster. The greatest thing with this idea is that every single step you take throughout the day counts toward your goal whether they are on treadmills or to the bathroom and back. Have fun on this!

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