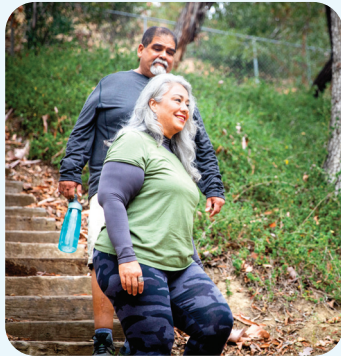


Tips to Increase Your Steps



Walking is a great way to stay active and to help improve or maintain a healthy lifestyle. Below are some benefits of staying active:



Common Short-Term Benefits

- Increase energy
- Better mood
- Better sleep



Common Long-Term Benefits

- Ease joint pain
- Lower risk of heart disease and high blood pressure
- Weight loss and weight management

Aim for at least 5,000-8,000 steps a day. Find out how many steps you currently take in a day to help you set and reach your daily steps goal. A good way to help you reach your goal is by adding a small number of steps each week. This can help you learn to enjoy walking and get healthier.

Tips to Increase Your Steps

Every step counts! Try these tips to increase your steps:

At Home	At Work	While Out
March or dance in place while watching TV	Take the stairs when possible	Park farther away
Go for a walk after you wake up if you can	Get up to move once every 30 minutes	Return your shopping cart to the store
Take more than one trip to unload your groceries from the car	Walk during breaks	Take a longer path to the building

If you have trouble walking or are unable to walk, talk to your doctor about other ways to help you stay active.



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at www.caloptima.org/healthandwellness or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.