

# Work your way to 10,000 steps a day

The average worker manages just 3-4000

steps a day

Who walks the most in your workplace?



**2000 STEPS**

Walk more of the journey to work (20 minutes a day)

**1500 STEPS**

Go for a brisk 15 minute walk at break or lunch time

**1000 STEPS**

Take longer routes to the bathroom, meetings, copier, staff room, water cooler during the day

**600 STEPS**

Park the car further away from work (6 minutes a day)

**200 STEPS EACH**

Visit colleagues for a business chat rather than e mail  
Deliver important internal post yourself  
Get up every hour for a 2 minute stretch, walk around your office (200 steps every hour)

**150 STEPS**

Climb the stairs 6 flights a day (3 minutes)

**Challenge yourself to do more of what you are doing already**



The number of steps illustrated are approximate and will depend on the individual. They are intended only as a guide. This poster was produced by the British Dietetic Association (BDA) for **Weight Wise @ Work** 2005. The BDA is the professional association for Registered Dietitians working in the UK.

For more information on the British Dietetic Association and its Food First Campaigns visit our website [www.bda.uk.com](http://www.bda.uk.com)

For more information and practical advice on weight management, weight loss and exercise visit [www.bdaweightwise.com](http://www.bdaweightwise.com)