Did you know that 2,700 steps = 1 mile?

Goes To...

Bernadette Charles

of Laboratory Services

She walks an average of 9,725 steps per day at work!

This equals 3.6 miles per day, or 937 miles per year!!

Visit http://www.befittobenefit.cumc.columbia.edu/ for fitness tips and email us about the “steps” you take to stay fit!
Bernadette shows us that we don’t have to be in the gym to get a daily dose of exercise. Being fit at work can be a short-cut to better health!

Prize-Winning Tips to Being More Fit!

1. Walk ‘n Talk.
   For small meetings of 2 to 3 people, take a walk together to talk rather than sitting at a desk.

2. Communicate in person.
   Instead of sending an email or calling, take a walk down the hall to communicate with co-workers.

3. Take a walk or go to the gym during your lunch break.
   Bring an easy to eat lunch, such as a sandwich and fruit, do your exercise, and then eat lunch in the garden.

4. Go shopping during lunch or on your way home from work.
   Even just walking around to do window-shopping is physical activity.

5. Get off the subway one stop earlier or park further away from your office.
   Walk home at a brisk pace, to increase calories burned in this mini-workout.

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