

Boost your step count this fall



Fall can be a great time to maximize your steps. The weather is cool and crisp, making it easier to go farther and longer (and see so much beauty while you're stepping). Here are our favorite tips for making this your healthiest fall ever!



Take a hike

Break out those hiking shoes! Take advantage of the less-crowded trails and cooler temps by heading out for a long hike. The fresh air and gorgeous fall foliage will be good for your body and your spirit.



Find an outdoor track

If you've been using your treadmill to stay cool during the sweltering summer, now's the time to head back outside to get in those steps. Four laps around the track at your local school is about 2,000 steps. So put on your favorite playlist, pop in the headphones and get going.



Get creative outdoors

Tired of your neighborhood walk? Get creative with your outdoor workouts! Rake leaves. Find an outdoor boot camp class. Go rowing on a local lake.



Make lunch your power hour

Whether you're working at home or in an office, take advantage of your lunch hour break. Fuel up with a healthy lunch, and then lace up your sneakers to get in 30 minutes or so of walking. You'll head back to your desk with the renewed energy you need to tackle a busy afternoon.



Break it up

You don't have to walk for hours to reach your step goal. Take a few minutes every hour to walk around the block. You'll clear your head, and the steps really add up!



Bring Fido along for inspiration

While you may not feel like heading out for a walk, you can bet your dog is! Snap on the leash and take short walks a few times a day. You'll both feel better!



Find a walking buddy

It's always easier to get in those steps if you've got a friend to go with you. And pairing exercise with good social connection is a win-win for your health.



Walk while you binge

If shorter days keep you from getting out for an evening walk, get in your steps while binge-watching your favorite TV show. Just pace around your living room or march in place with knees high.



Go for distance, not speed

Just because the weather's cooler, don't feel like you have to rush. It's better to walk comfortably for longer distances than to go fast and burn out.

Not a Livongo member? See if you're eligible for personalized health support at well.livongo.com/BRISTOL/new.