

Fact: Walking is one of the simplest and most effective ways to increase both your health span and longevity.

Every 1,000 extra steps you take—beyond 2,500 a day—decreases your risk of death from any cause by 12%

Sometimes the biggest obstacles are in our heads. If you struggle to squeeze in your daily steps, it might be time to think differently about walking.

So, here's a novel idea: Not every walk has to be about the walk.

1. The Catchup Walk

Want to reconnect with a friend? Instead of meeting for lunch or drinks, why not go for a walk?

You'll get some steps in, and the conversation often flows more naturally when you're side by side.

2. The Problem-Solving Walk

According to nineteenth-century philosopher Friedrich Nietzsche, "All truly great thoughts are conceived by walking", but you don't have to just take his word for it.

3. The Dog Walk

Your dog needs it, and so do you.

4. The After-Dinner Walk

While the couch might look inviting after a meal, taking a short walk instead can do wonders for your health. That's because research shows going for a walk within 30 minutes after a meal can significantly improve blood sugar and enhance metabolic health.

5. The Mood-Boosting Walk

If you find yourself in a bad mood, that's your cue: It's time for a walk. And by "bad mood," I mean anytime you're feeling down, frustrated, stressed, overwhelmed, or angry.

6. The Multi-Tasking Walk

Walking doesn't have to mean stopping everything else. Start thinking of it as a way to get things done—and you'll find more chances to move.

7. The Self-Indulgent Walk

Make walking something you really look forward to.

8. The Shopping Centre Walk

Sure, everyone made fun of "shopping centre walkers" in the 80s. But it's a great idea, especially on bad weather days or when you've got time to kill after dropping your kids off at Hollister. Take advantage of the climate-controlled, traffic free walking space to accumulate more steps.