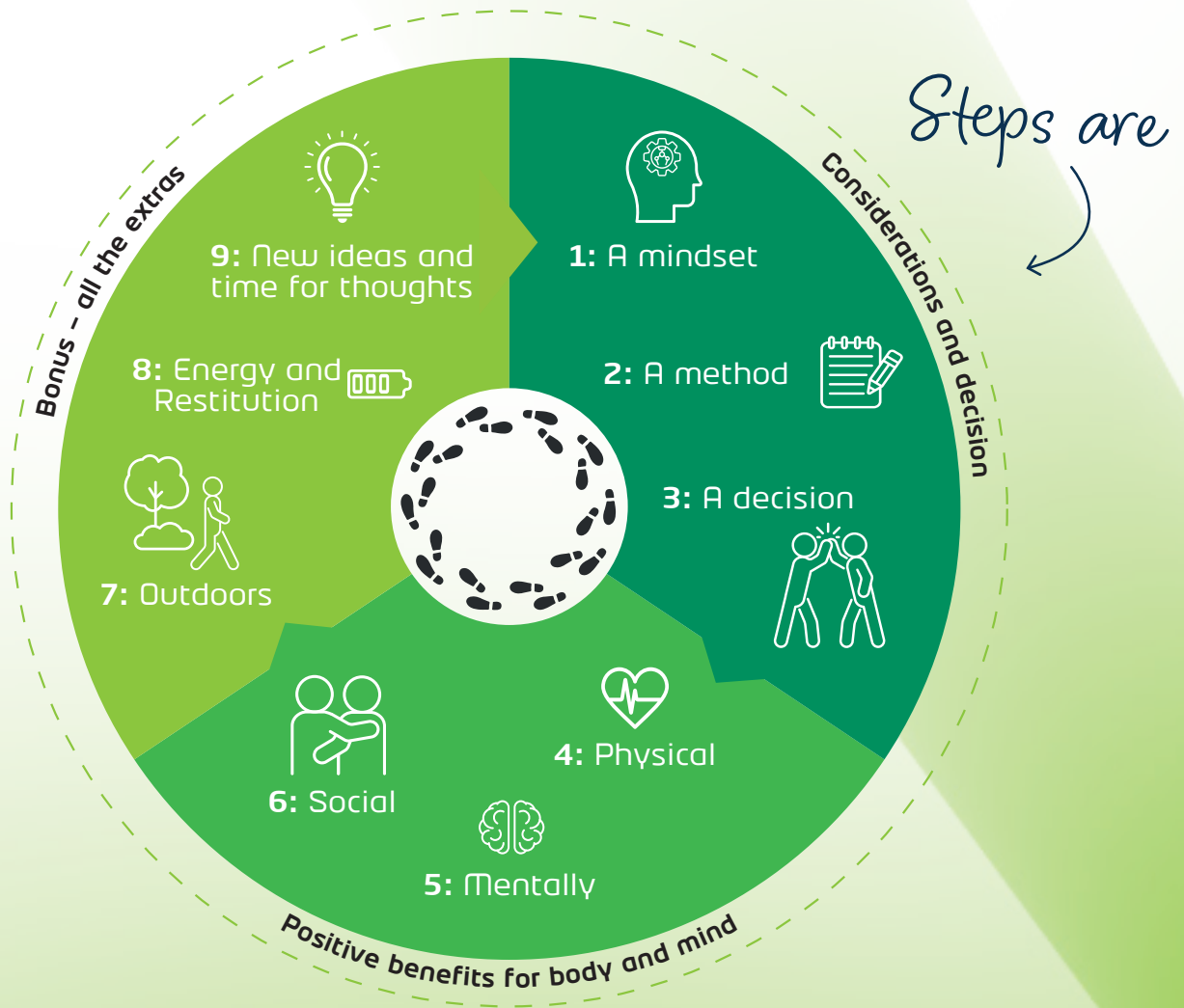


# 9 ANGLES TO TAKE MORE STEPS IN DAILY LIFE

Steps and walking are the most natural things you can offer your body – we are made to put one foot in front of the other. These 9 angles focus on your steps from different perspectives.

Ultimately, it's up to you to take the first step ... and find what works best for you.



Put your own words on the 9 angles and find your own steps towards more movement. Here are 9 questions for YOU!



- 1: Do you have a positive or negative mindset towards walking?
- 2: What is your goal, and how will you achieve it?
- 3: Are you determined to add more steps to your daily life??

- 4: What physical effects do you feel after a walk?
- 5: What mental effects do you feel after a walk?
- 6: What social effects do you feel after a walk with a colleague?

- 7: How does going outside for a walk benefit you?
- 8: Does going for a walk give you more energy?
- 9: Can walking inspire new ideas and boost your creativity?



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