Steps that count: Be physically active every day.

Physical activity need not be strenuous to be beneficial. A start of just 10 minutes of brisk walking a day can produce immediate benefits such as improved cardiovascular fitness, muscular strength, mood-enhancement and improved self-confidence.

There are many ways to increase your daily steps. Use your imagination and come up with your own list. As a start, here are four useful suggestions:-

1. **Take a walk with your spouse, child, friend or pet**

2. **Use the stairs instead of the lift/escalator**

3. **Park farther from your destination**

4. **Window shop 😊**