



Walk or wheel to wellness

How to take this break

Put together a list of indoor and outdoor routes to suit different workday schedules and needs. Use pedometers or odometers to measure your distance and set goals for the distances you want to achieve. Your daily step-count goal should be:

- Appropriate for your current life situation
- At a realistic level that you can maintain over time
- Recorded daily, to help keep you motivated to be active

Why this counts - Energizing

Getting out for a walk or wheel every day on your way to and from work, or on your lunch hour or break, is a no fuss way to sneak some exercise into your day as well as a great way to catch up with your busy co-workers.

Go to [Workplace Strategies for Mental Health](#) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.