

How to clock 10,000 steps a day

steps 



Taking an 8-minute walk to the MRT station from home

800 



Taking the stairs instead of the escalator to and from the MRT platform

125 



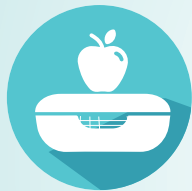
Taking the stairs in your office building instead of the lift

175 



Walking to colleagues' workstations for discussion

150 



Taking a 10-minute walk to and from lunch

1,250 




Cycling to/from work for 60 minutes

5,973 



General cleaning/sweeping for 30 minutes

2,464 

Total = 10,937 