

# Tips to Stay Motivated



Set a daily goal for steps

Join a coworker or group of coworkers and hold each other accountable for activity

Create a regular schedule for being active (every day at lunch for 20 minutes, etc.)

Find various ways to be active - add variation to your routine to keep yourself interested

Use your pets!

Remember to reward yourself when you achieve small goals!

Add motivational quotes to regular places (mirror in bathroom, refrigerator, car, desk at work, etc.)

Create a friendly competition among coworkers/ companies



For more helpful tips visit:  
[www.SparkPittsburgh.com](http://www.SparkPittsburgh.com)



## SPARKPITTSBURGH STEPCHALLENGE