

100% of dieters polled said **#walk1000miles** made their weight-loss journey a **happier one!**

BEFORE



AFTER



'When I started I was 15st 4lb and walking three miles was hard. Now I'm 11st 7lb and yesterday walked 21 miles with ease' **Colin Turner**

BEFORE



AFTER



'8st 5lb lost in 10 months. No fancy plans, no faddy diets, just healthy eating and WALKING!'
Michelle McDonald

BEFORE



AFTER



What a great challenge and it gets you fit for free! Have lost 2 1/2 stone this year. **Simon Burton**

BEFORE



AFTER



'I lost 8 stone and feel normal for the first time in my life'
Eilidh Scammell

Sign up today to join the **FREE**, fun, flexible challenge that changes lives one step at a time

www.walk1000miles.co.uk

