

Don't join a gym!

Walk an hour a day in 2018 instead: you'll feel amazing, look great and it's FREE. You'll also cover 1000 miles in 12 months!

91% of participants say *#walk1000miles* has made a **BIG** difference to the way they feel

99% say it's a *better* New Year's resolution than joining a gym

99.8% say they would *recommend* the challenge to a friend

WHAT COUNTS?

-  Solo ✓
-  In a group ✓
-  Walk to work ✓
-  Lunch-break ✓
-  City streets ✓
-  Hills ✓
-  Evening round the block ✓

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

www.walk1000miles.co.uk

