

# Pedometer Challenge

- Walking is a gentle activity that you can do at your own pace
- Done regularly, walking can strengthen your heart and lungs, improve circulation and help to maintain a healthy weight
- Walking also tones your muscles and keeps your bones strong



*So grab a pedometer  
and walk your way to health!*



*Challenge runs from:*

---

*To register please see:*

---

*For more information,  
please contact:*

---

*Registration deadline is:*

---