

# 10 reasons walking is your **BEST FRIEND**

1. It's ready to go out when you are
2. It doesn't give a damn how you look
3. It loves your body and knows just what it needs
4. It *wants* you to make new friends
5. It's a cheap date
6. It tells you you're alright
7. It tells your worries to go to hell
8. It doesn't mind if you don't talk
9. It *likes* it when you sing
10. It's got tons of great ideas for dinner

**Walk a little under an hour every day  
& you'll reach 1000 miles in a year. It's addictive,  
low-pressure and it'll **change your life.****



Sign up **FREE** to the challenge that  
changes lives one step at a time

[www.walk1000miles.co.uk](http://www.walk1000miles.co.uk)

