

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

BEFORE



AFTER



"Today I actually had to double take at a photograph of myself - that slim-looking person is actually me!"
Sara Harding, 28, Oxford

BEFORE



AFTER



"Lost 7 stone 2lbs and nearly 7 dress sizes. Absolutely love it and feel amazing!"
Jacquie Tuxworth, 40, Lincoln

BEFORE

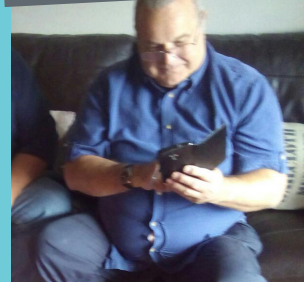


AFTER



"3st lighter and feeling good in body and mind. This challenge is a super-drug."
Gary Bond, 53, Essex

BEFORE



AFTER



"Lost 5st 9lb, off insulin completely and probably saved my life"
Gary Swift, 62, Yorkshire

Sign up **FREE** to the challenge that
changes lives one step at a time
www.walk1000miles.co.uk

