Don't join a gym!

Walk an hour a day in 2019 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

99.9% 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 **FREE** *to the challenge that changes lives one step at a time*
www.walk1000miles.co.uk

Country **walking**
Walk 1000 miles 2019