

**HEALTH LAUGHTER**  
**INSPIRATION HAPPINESS**  
**SATISFACTION CONFIDENCE HEADSPACE**  
**FITTER CALMER PEACE**  
**BEAUTY FREE**  
**DISCOVERY FRIENDSHIP**  
**LIGHTER BELONGING ACHIEVEMENT**



*Walk an hour a day and you'll hit  
 1000 miles in 2019 - this is how  
 our challengers say it feels.*

**Sign up *FREE* to the challenge that  
 changes lives one step at a time**  
**[www.walk1000miles.co.uk](http://www.walk1000miles.co.uk)**

