

10 reasons to walk 1000 miles in 2019

- 1 It's **2.74 miles** a day
- 2 You can do that in your **lunch hour**
- 3 You'll **feel** brilliant
- 4 You'll **look** amazing
- 5 It **doesn't** cost the Earth
- 6 You could **see** a lot more of it
- 7 It's **cheaper** than the gym
- 8 The **views** are better
- 9 The **aches** soon fade
- 10 The **achievement** never will

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

www.walk1000miles.co.uk

