

NATIONAL **WALKING MONTH**

20 TIPS TO ADD 20 MINUTES OF WALKING TO YOUR DAY

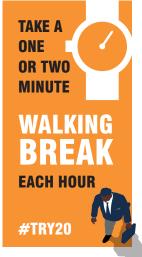
WALK THIS MAY





TAKE YOUR HOUSEHOLD ON A WALKING ADVENTURE #TRY20







GO FOR

A WALK

ONAC

#TRY20

RAINY DAY



TAKE A

ROMANTIC

#TRY20

PROMENADE



RATE

YOUR

WALK



















LET THE KIDS LEAD THE WAY #TRY20



LOOK FOR RAINBOWS #TRY20

LET NATURE GUIDE YOU





WORK OUT FROM HOME #TRY20





AND REMEMBER



...STAY 2 METRES **APART**



