


MARCH THE MONTH

September countdown



<p>1 Grab your trainers and off you go</p> <p>Steps:</p>	<p>2</p> <p>Steps:</p>
<p>3 Head to your local park for a scenic walk</p> <p>Steps:</p>	<p>4</p> <p>Steps:</p>
<p>10</p>  <p>Steps:</p>	<p>11</p> <p>Steps:</p>
<p>17</p> <p>Steps:</p>	<p>18 Take a stroll with your four legged friend</p> <p>Steps:</p>
<p>24 Heading out? Save money and walk home</p> <p>Steps:</p>	<p>25</p> <p>Steps:</p>
<p>5 Back on the school run? Walk it</p> <p>Steps:</p>	<p>6</p> <p>Steps:</p>
<p>12 Forget the lift at work, take the stairs</p> <p>Steps:</p>	<p>19</p> <p>Steps:</p>
<p>26</p>  <p>Steps:</p>	<p>7</p> <p>Steps:</p>
<p>13</p> <p>Steps:</p>	<p>14</p> <p>Steps:</p>
<p>20 Scrap the bus or tube and walk instead</p> <p>Steps:</p>	<p>27</p> <p>Steps:</p>
<p>8</p> <p>Steps:</p>	<p>9 Nearly at 100,000 steps, amazing!</p> <p>Steps:</p>
<p>15 Halfway there, keep on marching!</p> <p>Steps:</p>	<p>22</p> <p>Steps:</p>
<p>28</p>  <p>Steps:</p>	<p>16</p> <p>Steps:</p>
<p>21</p> <p>Steps:</p>	<p>23</p> <p>Steps:</p>
<p>29</p> <p>Steps:</p>	<p>30 You made it, GREAT WORK!</p> <p>Steps:</p>



11,000 steps a day this September to raise money for Prostate Cancer UK.
Every step you take brings us closer to beating prostate cancer.