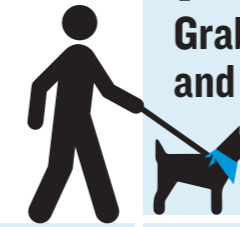


# MARCH THE MONTH

## Your daily countdown



**1**  
Grab your trainers  
and off you go

Steps:

**2**

Steps:

**3**

Head to your  
local park for a  
scenic walk

Steps:

**4**

Steps:

**5**

On the school run?  
Walk it

Steps:

**6**



Steps:

**7**

Steps:

**8**

Steps:

**9**

Nearly at 100,000  
steps, amazing!

Steps:

**10**



Steps:

**11**

Steps:

**12**

Forget the lift at  
work, take the stairs

Steps:

**13**

Steps:

**14**

Steps:

**15**

Halfway there,  
keep on marching!

Steps:

**16**



Steps:

**17**

Steps:

**18**

Take a stroll  
with your four  
legged friend

Steps:

**19**

Steps:

**20**

Scrap the bus  
or tube and  
walk instead

Steps:

**21**

Steps:

**22**



Steps:

**23**

Steps:

**24**

Heading out?  
Save money and  
walk home

Steps:

**25**

Steps:

**26**

Steps:

**27**



Steps:

**28**

Steps:

**29**

Steps:

**30**

You made it,  
GREAT WORK!



Steps:



**PROSTATE  
CANCER UK**

**Walk 11,000 steps a day this month to  
raise money for Prostate Cancer UK**

Every step you take brings us closer to beating prostate cancer.