

Get Involved.



Top ten ways walking can improve your work day

1 Walk to Work 	2 Coffee Trail 	3 Lunchtime Walk 
4 Walking Meeting 	5 Retail Trail 	6 Email Less, Talk More 
7 Take the Stairs 	8 Park & Stride 	9 Discover your Local Area 
10 Get Involved	Challenge yourself, friends and workmates to 10,000 Steps: 10000steps.org.au Start or join a Heart Foundation Walking Group: walking.heartfoundation.org.au Become a member of Queensland Walks: queenslandwalks.org.au	

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