



STEP COUNT CHALLENGE

BACK FOR 2019!

WALK THE HEBRIDES THIS SPRING!

'Walk on Hebrides' is a step count challenge starting on 1st May 2019 for people across the Outer Hebrides, aged 13 years and over.

You can take part as an individual or as a team of two.

The challenge is open for 6 weeks, closing on 11th June 2019.

Track your progress with the Big Team Challenge app and website system.

REGISTRATION OPENS: 1st April at 1pm

Register at: walkonhebrides.bigteamchallenge.com

Closing date: 30th April 2019

FREE Walk on Hebrides starter packs for the first 20 registered.

For more information:

Email: wi.walkonheb@nhs.net

Web: www.promotionswi.scot.nhs.uk

Tel: 01851 762015 (Lewis & Harris) or 01870 602588 (Uists & Barra)



**WALKING IS AN ALL ROUND GREAT ACTIVITY
WHICH CAN REDUCE RISKS TO YOUR HEALTH,
MAKE YOU FEEL GOOD - AND IT'S FREE!**

