



STEP COUNT CHALLENGE

WALK THE HEBRIDES 2020!

'Walk on Hebrides' is a step count challenge starting on 1st September 2020 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 12th October 2020.

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

REGISTRATION OPENS: 17th August at 1pm

Register at: walkonhebrides.bigteamchallenge.com

Closing date: 31st August 2020

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!**



**BIG
TEAM
CHALLENGE**

MAKE A START TODAY - IT'S NEVER TOO LATE

NHS

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Western Isles