

CLIMB YOUR WAY TO BETTER HEALTH!



WHEN'S YOUR NEXT FLIGHT?

UWALK.CA

1. Sign up on UWALK.ca
2. Click 'log' to enter your activity in steps, minutes or flights
3. Join a UWALK challenge or create your own
4. Invite your friends, family and co-workers
5. Have fun!



Find us on Facebook and Twitter at UWALKca
Contact us at uwalk@ahs.ca