

# IMPROVE YOUR MOOD WITH SOME FRESH AIR.



## WHAT'S YOUR NEXT STEP?

**UWALK.CA**

1. Sign up on [UWALK.ca](http://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](https://www.facebook.com/UWALKca)

Contact us at [uwalk@ahs.ca](mailto:uwalk@ahs.ca)