

WALK YOURSELF TO A HEALTHIER, HAPPIER YOU!



WHAT'S YOUR NEXT STEP?

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](https://www.UWALK.ca)
Contact us at uwalk@ahs.ca