



I walked my way to better health

And walked my mob away from
diabetes and heart disease



Help get your mob active and moving

To download the app or find
a walking group near you visit
walking.heartfoundation.org.au
or call 13 11 12

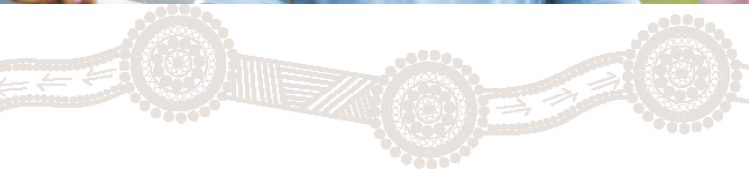
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Gammin or Gammon?

Either way, you are if you're
not walking



Be deadly and get moving

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