Heart Foundation
Walking

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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Heart Foundation
Walking

Gammin or Gammon?

Either way, you are if you're not walking

Be deadly and get moving

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