

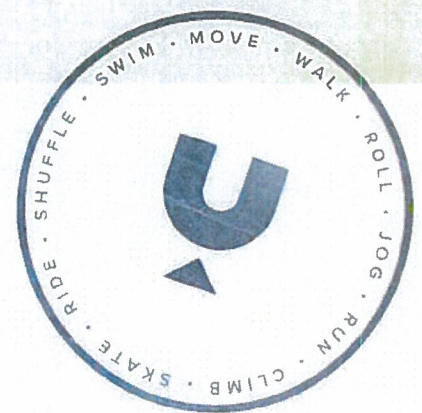
WALK YOURSELF TO A HEALTHIER, HAPPIER YOU!



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
Contact us at info@uwalk.ca