



## STEP COUNT CHALLENGE



# WALK THE HEBRIDES THIS SPRING!

'Walk on Hebrides' is a step count challenge starting on 1st May 2018 for people across the Outer Hebrides, aged 13 years and over.

You can take part as an individual or as a team of two.

The challenge is open for 6 weeks, closing on 11th June 2018.

Track your progress with the Big Team Challenge app and website system.

## REGISTRATION OPENS: 10th April at 1pm

(Closing date: 30th April)

Register at: [walkonhebrides.bigteamchallenge.com](http://walkonhebrides.bigteamchallenge.com)

**FREE** Walk on Hebrides starter packs for the first 50 registered.

For more information:

Email: [wi.walkonheb@nhs.net](mailto:wi.walkonheb@nhs.net)

Web: [www.promotionswi.scot.nhs.uk](http://www.promotionswi.scot.nhs.uk)

Tel: 01851 762016 (Lewis & Harris) or 01870 602588 (Uists & Barra)



BIG  
TEAM  
CHALLENGE

WALKING IS AN ALL ROUND GREAT ACTIVITY  
WHICH CAN REDUCE RISKS TO YOUR HEALTH,  
MAKE YOU FEEL GOOD - AND IT'S FREE!

