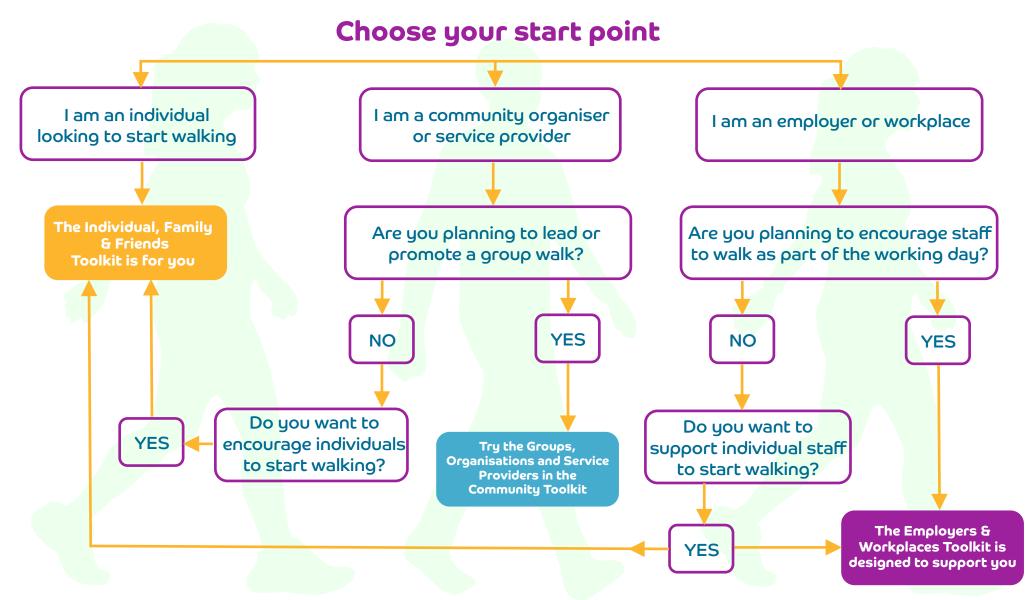


## Welcome to our GM Daily Mile Toolkits

These are designed to help you start short daily walks



www.gmwalking.co.uk

## #GMWalking #GMDailyMile #ActiveWorkplaces