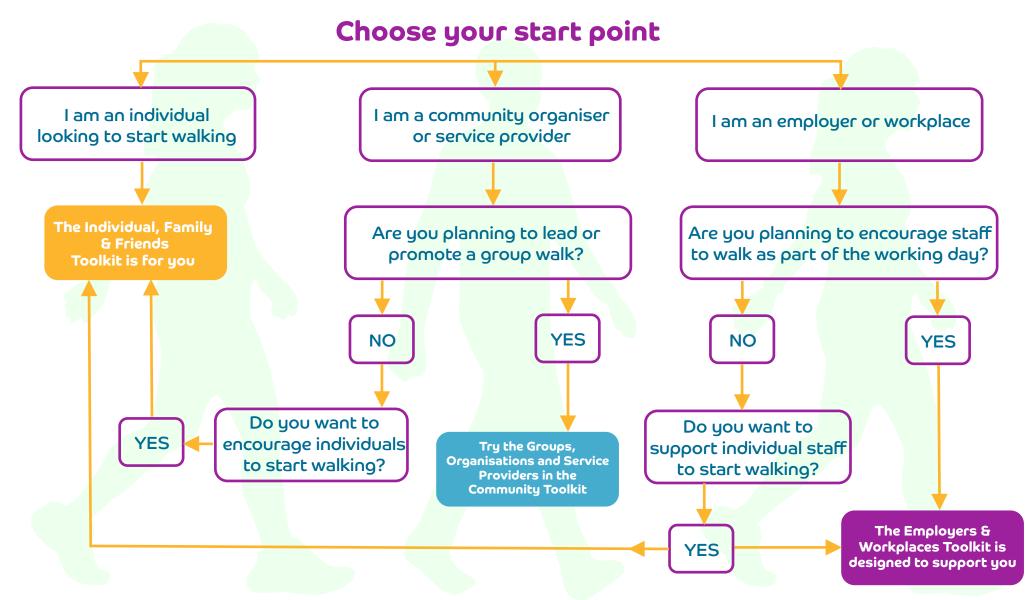


Welcome to our GM Daily Mile Toolkits

These are designed to help you start short daily walks



www.gmwalking.co.uk

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