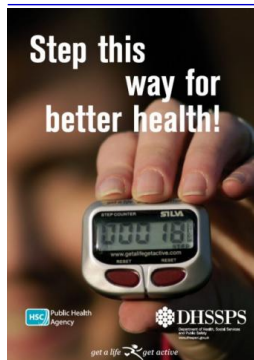


Monday, 01 February 2010

[Health and Social Wellbeing Improvement](#)



This leaflet explains how to use a step counter to motivate yourself to do more walking. It includes a step log to encourage walkers to monitor and record their progress.

Details

Format

4 page A5 leaflet

Target group

General public

Downloads

Attachment	Size
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stepthisway.pdf	112.6 KB
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