How do I join in?

You can count your steps using one of our **TRAVEL WELL** pedometers or use an app on your phone. Write your step count in this record each day, or log them online in the Go Jauntly app.



How can I join the challenge online?

Go Jauntly is a free walking app designed to help people get out for a walk and connect with nature. Just download the app, search for the Travel Well **Marching through March** challenge and sign up!





Why 4000 steps?

Walking 4000 steps or more each day can lower your risk of heart disease and death. Walking more steps each day lowers the risk even more!*

*Findings from a study published in the European Journal of Preventive Cardiology, Volume 30, Issue 18, December 2023, Pages 1975–1985 **March through March**

with

TRAVEL WEL



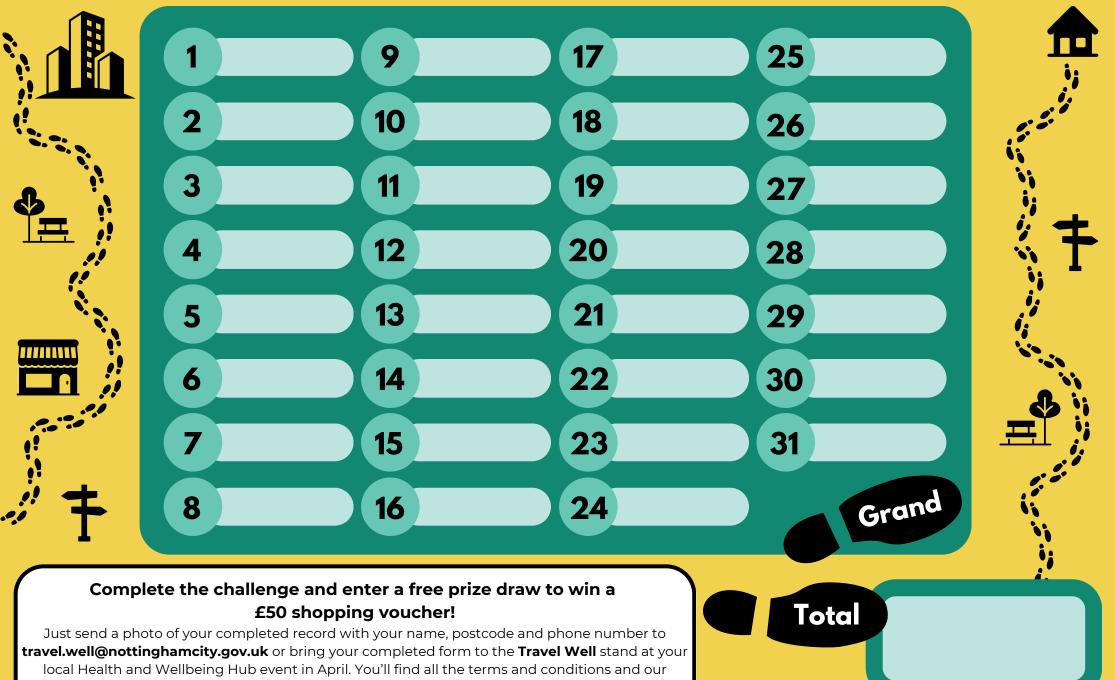
Go Jaun

Challenge Record

Name:

Find out more about Travel Well at www.transportnottingham.com/travelwell

Write your total number of steps each day in March



privacy notice on the Travel Well website: www.transportnottingham.com/travelwell/march