



**APRIL 1 - 30, 2024**



## **WALK 30-4-30 Challenge**

**WALK TO SCHOOL, WORK, SHOP OR PLAY - EVERY MINUTE COUNTS!**

**[www.sporthamilton.com/walk30](http://www.sporthamilton.com/walk30)**

# LET'S GET MOVING HAMILTON!

SportHamilton is proud to launch a new initiative to start you on a regular exercise program.

We encourage everyone to start moving by simply

***Walking 30 continuous minutes a day for 30 consecutive days,  
starting April 1, 2024***

Register for FREE via the [link on our website](#) or scan the QR

Track your progress everyday for a chance to win daily

Join our "Walk-off" event at 9 am on April 1<sup>st</sup> at T.B. McQueston Park  
1199 Upper Wentworth St, Hamilton,



Help support  by making a donation [on-line](#)