

MOVE ON UP WITH ACTIVE **10**

Which team can make it to the top of the mountain first?

Get into teams of three or four. Pick a sticker that your team can use to track your progress. Move up the mountain when the members of your team clock at least 10 minutes of brisk walking a day. It's not all a breeze though. Things get trickier as you get towards the peak.

**DOWNLOAD THE
ACTIVE 10 APP**

**ACTIVE
10**

Get started by downloading the Active 10 app. Not only will it help you quickly and easily see how much brisk walking you are doing each day, it will help you set brisk walking goals, provide hints and tips and show you when to increase your walking pace to benefit your health. Now, all that's left is to get your walking shoes on.

BECAUSE THERE'S ONLY
ONE YOU

START

10

10

10

10

10

10

10

**WALK
THIS WAY**

LET'S GO!

10

10

10

10

10

10

10

START

**BASE
CAMP**

10

10

10

10

10

10

20

**THESE BOOTS
WERE MADE
FOR WALKING**

20

20

20

20

20

20

**TIME TO
STEP IT UP**

30

30

30

30

30

30

30

30

30

30

30

30

30

ZOOM!

**ALMOST
THERE**

**GO ON,
TAKE A HIKE!**

KEEP GOING

**YOU'RE
DOING GREAT!**

**BASE
CAMP**

**BASE
CAMP**

**DON'T FORGET TO
CHECK THE APP**

WEEK 4

WEEK 3

WEEK 2

WEEK 1