



# In June, walk, ride or run!

Ideas to maximize your virtual walk experience

- Create a team and walk 24 hours. Separate the schedule between every teammates;
- Set yourself a challenge and walk or run a certain number of steps per day;
- Challenge your friends to walk as many steps as you do by sharing your efforts on your social media;
- Organize a competition for the one who climbs the most steps;
- Go for a walk with your pets!