



Get involved with our 10 Million Step Challenge!

13th - 31st May

Beginning in Mental Health Awareness Week (starting May 13th) and lasting for the rest of the month, we are asking people all over Norfolk and Waveney to pledge to walk a set number of steps per day, with the participants' combined total exceeding 10 million.

It's a simple challenge – you just select a daily target that feels right for you, and make sure you track your steps on your phone or a step-counting device.

You can select from the following daily steps:

- ☒ 15,000 Steps
- ☒ 10,000 Steps
- ☒ 5,000 Steps
- ☒ 2,500 Steps



For more information on how you can take part, scan the QR code or visit norfolkandwaveneymind.org.uk/10-million-steps-challenge