![C:\Users\travassos_a\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GS8PW479\red-challenge[1].png]()

**Wellness House Walk Challenge**

We did it we made it to the CN Tower in no time!!

WE are walking on to our next stop:

CN Tower to Lake Kawartha = **162 KM**

**How to Join**

* Each week count your steps (walking around the house, walking outside or sitting and marching.) Any step you take counts!
* On Fridays count up all your steps from the week and email them to Etta at atravassos@josephbranthospital.ca
* You will receive weekly email updating you on our progress

Total Steps = **226,800**

 **Lake Kawartha**



![C:\Users\travassos_a\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VTIR7H23\stick-man-297255_640[1].png]()





**![C:\Users\travassos_a\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HB2Q348A\Footsteps_icon.svg[1].png]()**

**Total Steps**

**226, 800**

1Km = an average of 1,400 steps