



APRIL 1 - 30, 2024



SportHamilton
Sport for All



WALK 30-4-30 Challenge

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

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 code



Track your progress everyday for a chance to win daily prizes!!!

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

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

