



STEP UP FOR CANW

TOP TIPS

- Watch Get Fit with Rick on YouTube to get your steps count up in your own home.
- Use your Fitbit, phone app or pedometer to clock up 10,000 steps.
- Speak to Georgia, our Fundraising and Events Lead for any extra tips or support on gmurphy@canw.org.uk or 07824014844

We care. We never give up. We empower.
We're a charity with a Big Heart