



# Join the Community Walking Challenge

For the month of June 2016, we are walking from Kentville, Nova Scotia, to Kentville, Australia.

**Total Distance:** 16,227 km  
**Equivalent Steps:** 20,283,750 steps

See full details: [kentvillewalks.ca](http://kentvillewalks.ca)

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## Measure or Track Your Steps

Choose your tracking method:  
Steps, Time, or Distance

Use an activity tracker, pedometer, or fitness app to track your daily steps.

Did you know that the library has pedometers?

Or measure the time or distance of a route that you take on a regular basis to school, to work, to play, or for leisure.



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## Log Your Steps



Join [walkaboutns.ca](http://walkaboutns.ca)

Find and join the Kentville-to-Kentville Challenge:  
[bit.ly/walkaboutkentville](http://bit.ly/walkaboutkentville)

Every day or so, login to [walkaboutns.ca](http://walkaboutns.ca), select Profile, and Add Steps. These steps will automatically be applied to your Challenge.

You can enter steps, time, or distance. You can also enter other activities and they will be converted into steps.

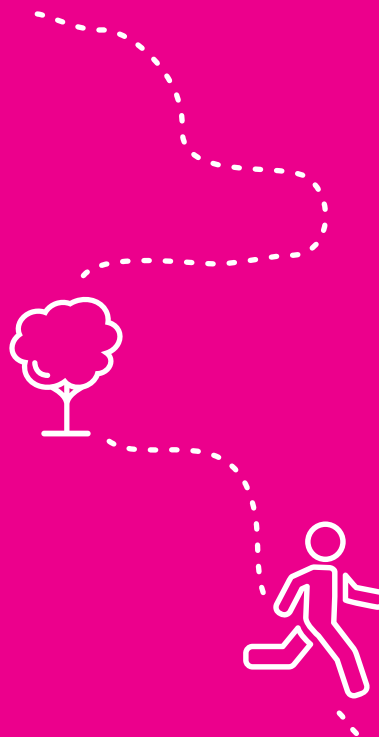


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## Watch our Progress

Follow along to see how far we're getting:

[bit.ly/walkaboutkentville](http://bit.ly/walkaboutkentville)



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## Be a Champion

Encourage your family, friends, and co-workers to participate.

Take your neighbour's dog for a walk.

Lead a lunch-time walk, or a weekend bird hike.

Share the challenge on your social media.

Show someone how to track their steps on [walkaboutns.ca](http://walkaboutns.ca)

Attend the free Walking Leader Workshop on June 22.

