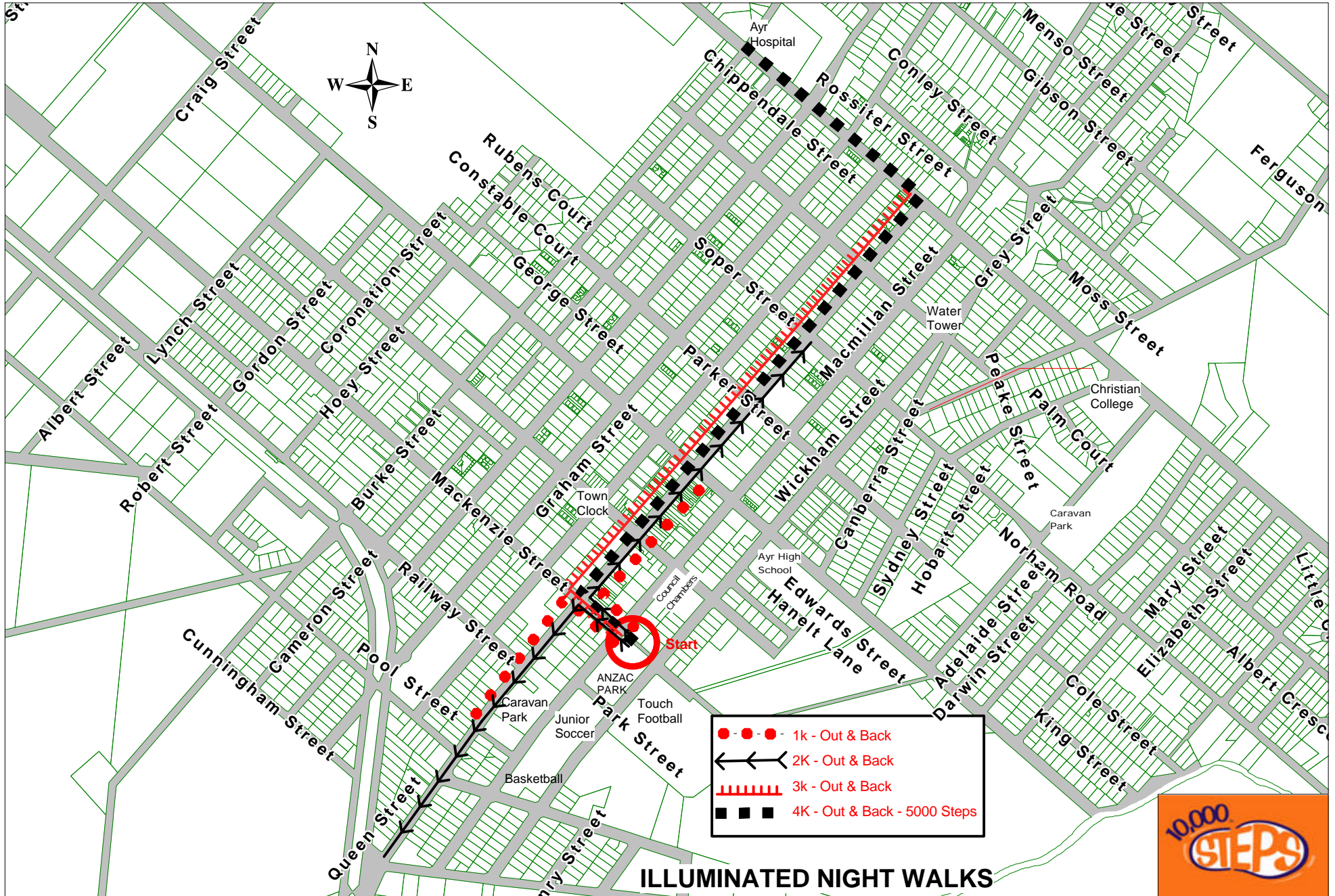


# HAVE YOU WALKED YOUR 10,000 STEPS TODAY? (NIGHT TIME WALKS)



ILLUMINATED NIGHT WALKS



"THE BURDEKIN" - ON THE MOVE TO BETTER HEALTH