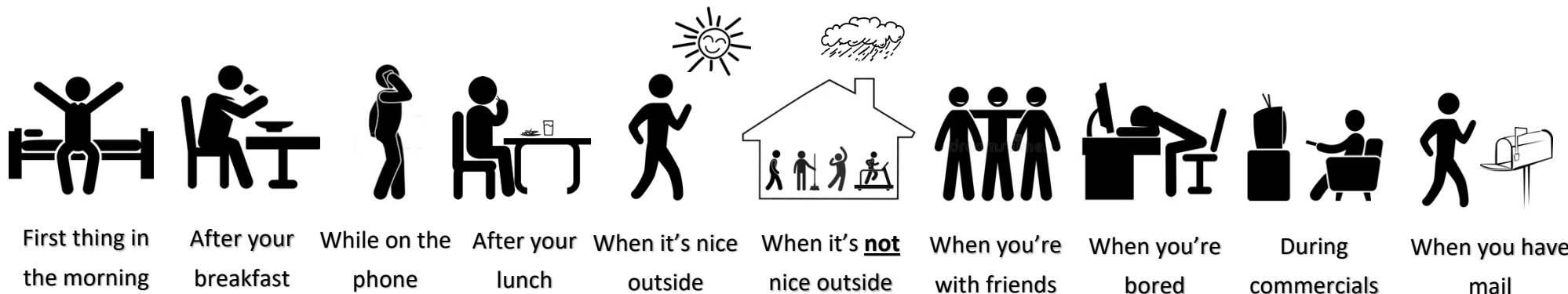


The 3Ps of the 3K study

"Inspiration is what gets you started. Habit is what keeps you going!"

Plan

Walk whenever you can:



Place

Walk wherever there is space:



Play

Find ways to make walking meaningful to you:

