



# Heart&Stroke *walk about*

*Heart&Stroke Walkabout Pledge*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

I hereby pledge to start thinking differently about walking and the role it plays in my life. My contribution to creating a culture of walking in Nova Scotia is/will be:

---

---

---

---

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

