Step up
to the Ground Miles Challenge 2013

Help us walk 5 million miles and unlock a gift to protect children from heart failure and early death.

Learn more at: worldheart.org/groundmiles
Take strides towards
Ground Miles Challenge

How are you making the effort to walk more in your everyday life?
Are you feeling the benefits so far?

How are you doing? Making progress?
Let us know at worldheart.org/groundmiles

3.4 miles more than last week and I’m feeling great
Stay on pace
with the Ground Miles Challenge 2013

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