

1000 STEP CHALLENGE



**'Walk a week' in the life of
someone with mobility challenges**

From November 6 to 12, the BC Association of Aboriginal Friendship Centres challenges you to walk *only* 1,000 steps a day to help recognize the barriers faced by the **millions of Canadians who have a mobility disability**.

Imagine a daily limit of 1,000 steps or less to get to work, the grocery store, a doctor's appointment, or a social event. Could you pass the #1000StepChallenge?

IN THE PROVINCE OF BC...

1 in 5 people between the ages of 15 and 64 live with a disability (20.5%)

7 in 10 people over the age of 65 live with a disability (41.7%)



Join the challenge



Make a pledge



Track your progress



Share your journey



Contact your reps



GET INVOLVED: 1000STEPCHALLENGE.CA