



START

The secret of getting
ahead is **getting started**



1km

No matter how slow you go,
**you're still lapping everyone
on the couch**



2km

Some days are not about
speed or distance, **it's just
fresh air and friendship**



3km

Believe you can and
you're halfway there



4km

You may not be there
yet but **you're closer than
you were a kilometre ago**



5km

FINISH

It always seems
impossible until it's done

