



USLOOBI
— WALK —



LOOBI QUICK TIP #01



BEGINNER FRIENDLY

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**You don't need
to be fit **to start.****



START WALKING
WITHOUT PRESSURE

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LOOBI QUICK TIP #02



BEGINNER FRIENDLY



Start with
5 minutes.

That's enough.



Small walks create big habits.



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LOOBI QUICK TIP #03



BEGINNER FRIENDLY



**Be consistent,
not perfect.**



**Small steps every day
lead to big changes.**

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LOOBI QUICK TIP #04



BEGINNER FRIENDLY



**Celebrate progress,
not distance.**



**Every step forward
is a win. Keep going!**



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LOOBI QUICK TIP #05



BEGINNER FRIENDLY



**You've got
this—one step
at a time!**



**YOU'RE BUILDING A
HEALTHIER, HAPPIER YOU!**



Keep showing up for yourself!



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