

8/1/2013 - 9/30/2013

Healthy Strides



Healthy Strides

# WALKING CHALLENGE

***“60 Day Walking Challenge”***

***Free Pedometer***

**\*Winner of the most steps will  
receive a \$50 Gift Card**

- Group & Individual Walking
- Injury Prevention and Safety Presentation provided by “The Running Company”.
- Nutrition Education provided by Registered Dietician: Allison L. Smith, RD. to help guide you throughout the challenge, *w/ lectures, grocery tours and food demos.*



**Challenge Yourself to a Healthier You, Sign-Up & bring a friend or even two !**

***Sign-UP July 31st– August 1st.  
At The Pequannock Health Dept.***

*530 Newark-Pompton Tpke. Pompton Plains*

***From 9:30am-4:30PM or Online by calling***

***973-835-5700 ext. 115***

***Pedometers can be picked up at your local Health Dept..***