



## A NEW YEAR

# A NEW "FOOTSTEPS FOR FITNESS" AT PCC!

Join our new "Footsteps for Fitness" leader, "D.J." on Tuesdays and Thursdays. She will be present to inspire and encourage!

She will help lead walks with music and lots of fun! She will provide and instruct on using pedometers to track success as well as offer tools and suggestions for upper body movement while walking.

D.J. will also be offering special walking events to include intergenerational walks, special themed walks, musical strides etc...

Visit the PCC gym on the days listed below for "**Footsteps for Fitness**" walking. Walk with D.J., on your own, or with a friend at your own pace. Record your steps in the notebook labeled "Footsteps for Fitness" and help us reach our goal of walking the length of NH. Make sure you check out our new "Footsteps for Fitness" success board for all of our success stories!

Periodically you may receive a call from D.J. or Angela inviting you to participate in this activity. Social walking = Footsteps for Fitness!

**Mondays 10:15 to 11am**

**Tuesdays 8:45 to 9:30am**

**Thursdays 8:45 to 9:30am**

**NO FOOTSTEPS FOR FITNESS THE LAST WEEK OF FEBRUARY DUE TO SCHOOL VACATION**