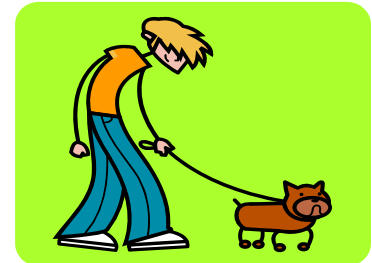


Counting Steps Towards Fitness

Pedometer Lending Program



10,000 steps a day, towards better health and vitality

Durham residents who want to get a move on can now measure their progress with the help of Durham Lives!, the Municipality of Clarington and Clarington Public Library!



A pedometer, which counts your steps during walking, can be borrowed at the Bowmanville Branch of the Clarington Public Library (163 Church St.).

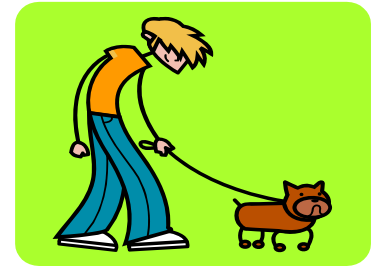
Check one out today using your library card...and library cards are free if you need to sign-up for one!

Please contact Fitness Staff at the Courtice Community Complex for more details: 905-404-1525



Counting Steps Towards Fitness

Pedometer Lending Program



1. How did you hear about the Pedometer Lending Program?

2. Have you ever used a Pedometer before this experience?

3. Did you set a goal for yourself before starting the program?

4. Did you find wearing a pedometer motivated you to walk more than usual?

5. Do you have any suggestions that could enhance the program?



Clarington Public Library
www.clarington-library.on.ca

Clarington
Leading the Way