



*Be active ... come for a "Walk In The Halls"
Warm, Safe, Free, Fun*

Everyone can "get with" the benefits of walking to some great music during the winter months.

FREE

No need to register.
Just drop in and try it.
Everyone welcome!

3 LEVELS

Light (no stairs)
Moderate (some stairs)
Vigorous (more stairs)



If you want to, use resistance bands to flex your muscles at the
MUSCLE MOMENT STATIONS

RIDEAU DISTRICT HIGH SCHOOL
251 Main Street, ELGIN
Open Tuesdays and Thursdays between 5:30-7p.m.

STARTS Tuesday, February 9, 2010
Closed for March Break (March 16 and 18)
Ends Tuesday, March 30, 2010

Please bring indoor walking shoes and a water bottle.

More information required?
Contact Emily Beelen
Country Roads Community Health Centre
613-272-2799 or 1-888-998-9927 Ext. 256