



Are you a senior age 60 and above from Epsom, Chichester, Pittsfield, Barnstead, or Loudon?

Would you like to see which town has the most

movers and shakers?

Then join

SMART STEPS

to be part of a little friendly competition and find out!

Smart Steps is a personal fitness program designed around the use of a **pedometer** to record daily steps. Participants will be given free use of a reliable pedometer to set personal goals over an 8-week session.

Kick-Off is May 5th at 10 am at the Pittsfield Area Senior Center, where **Jason Aziz from Concord Hospital** will motivate us to take a step in the right direction.

Weekly tips, Pop up Contests, and mid-way and finale events are offered to keep you going. The program is **FREE** and there are many **WONDERFUL PRIZES**. If you are already active or striving to be active you are going to gain great exercise fellowship in your area!

Call **Lynne Joyce at 435-8482** for more information and to sign up for the program.

Team leaders are also needed. If you can keep track of a small posse in your town, mention your interest to Lynne.