

Steppin' Out



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Nordic Pole Walking

Walk your way to a healthy lifestyle with the *Steppin' Out* group – this is an outdoor walking program!

Introducing the addition of Urban Nordic Poles while walking – bring your own or borrow one of our sets.

Tuesdays @ 10:00am
55 Plus Centre

Benefits of Walking:

- Improves circulation
- Keeps your heart healthy
- Boosts your mood
- Strengthens muscles
- Strengthens bones
- Reduces risk of stroke and heart disease
- Helps manage high cholesterol, diabetes, hyper tension, joint and muscular pain/stiffness

