

MERCY MEDICAL CENTER'S

Steps 2 Health

**Congratulations on making
a commitment to walk!**

Every mile counts. Keep track of your steps wherever you walk, including your neighborhood, local trails, mall or anywhere you can put your feet in motion.

A pedometer can help:

- Increase awareness of daily activity
- Provide daily motivation to be more active
- Monitor progress toward fitness goals



www.mercycare.org

R_x For Fitness[®] Kit

**Only
\$70**

Walk4Life™ Pedometer (\$19 value)
Guidebook with Walking Log • Metro Area Trails Guide

Available at the following locations:

**Lindale Mall Guest Services, Running Wild,
Northtowne Cycling and Fitness
and Mercy Flowers & Gifts**