

# Step Up Your Health



## Introducing Borgess Healthy Steps

To help you step up your health, the Borgess Health & Fitness Center introduces Borgess Healthy Steps.

**What:** Borgess Healthy Steps is a low-cost, low-impact walking program designed for adults who not only want to be well and live well, but also meet people and have fun. This class provides the opportunity to walk in a safe environment and receive coaching from a registered dietician, a registered nurse or exercise coach.

**When:** Mondays and Wednesdays, 1:45–2:45 p.m. or Tuesdays and Thursdays, 8-9 a.m.

**Where:** Borgess Health & Fitness Center

**Who:** Adults, including seniors and those who have had cardiac rehab or physical therapy for other health conditions.

**Why:** Research shows that consistent walking helps people stay healthier, happier and more independent. And when it comes to wellness, Borgess has always provided programs and services that are a step ahead.

**Contact:** Call (269) 552.2348 to sign up today. Program includes expert coaching, educational materials, t-shirt and plenty of camaraderie.

Free to our members (\$10 for t-shirt); \$20 per year for non-members.



**Borgess Health & Fitness Center**  
3025 Gull Road, Kalamazoo