



# **WALK AWAY THE POUNDS**

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Feeling sluggish? Want to shed some pounds but don't know how? Need to increase your physical activity level but don't have the "get up and go" to get started? Well, here's your chance to get in some entry level walking that's fun and easy! Walk with friends, without risking getting "run down" by cars or overheating in the hot Florida sun. Here's how it works.....

**Walk Away the Pounds** is a series of videos that we will walk to on the TV screen in the **Scottsmoor Meeting Hall**. We will offer two classes:

**One Mile Walk** – Takes approximately 20 minutes to complete. Class will begin at **5:30 pm on Monday – Wednesday – Friday**.

**Two Mile Walk** – Takes approximately 45 minutes to complete. Class will begin at **6:00 pm on Monday – Wednesday – Friday**.

Cost for **each class** is \$2.00 **OR** two cans of food as a donation for the food pantry. Cans of food are recommended because you can use these cans as hand held weights while walking AND donate to a good cause.

Come on out and join the fun!

**What do you have to lose but WEIGHT!!!!!!**

**Classes will begin on Monday, March 1<sup>st</sup>**. We will have **free trial** classes on Wednesday, February 24<sup>th</sup> at 6:00 pm. Sign up today and be fit and trim by summer!

For more information, call Lee Bird at 321 225-4497 or  
Arnie Benson at 321 267-7876.