



# 10,000 STEP CHALLENGE

**To achieve good health,  
strive to take at least 10,000  
steps a day!**



**Free Step Counters loaned,  
from the Town of Shelburne  
Parks and Recreation Depart.**

For more information and to help you get started, call: 875-3873 or drop in the office.



**Town of Shelburne  
Parks and Recreation Department**