

Recruiting now...

National Step-O-Meter Programme (NSP)



Can YOU help us take the next STEP?...



NSP can offer you

- **Free Step-O-Meters**
 - 300 'steps only' pedometers (per PCT)
 - 30 specially designed Loan Packs with promo posters and fliers
 - Individually boxed pedometers with 'quick start' guide
- **Free Training**
 - 30 places (per PCT)
 - 90 minute session, locally delivered
 - Bespoke programme incl. evidence, demo plus 'how to...' guidance
- **Ongoing advice & support**
 - Easy access to affordable pedometers
 - Follow up training
 - Replenishment of support materials
 - Case studies and other media promotion



help YOUR patients walk more!

interested?
please contact sender...

For further details
National Step-O-Meter Programme,
tel: 01242 533303
or email: mitch.counsell@countryside.gov.uk



The Countryside
Landscape
Access
Recreation

NHS

Counting every step... ...every step counts

www.whi.org.uk