

National Step-O-Meter Programme (NSP)



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



...see over
for details



help YOUR
patients
walk more!



Counting every step...

...every step counts

Are you a;

- Health Promotion Specialist
- Frontline Healthcare Professional

Do you;

- promote physical activity
- encourage your patients to walk more

If so, we can offer your PCT

- Free Step-O-Meters
- Free Training
- Ongoing advice and support for you and your patients

To find out more or 'express an interest' in participating when NSP is launched April 2006 please complete and return this coupon to;

National Step-O-Meter Programme

The Countryside Agency

John Dower House, Crescent Place, Cheltenham GL50 3RA

or contact NSP Manager, on tel: 01242 533303

or email: mitch.counsell@countryside.gov.uk

Name: _____

Job title: _____

PCT name: _____

Contact address _____

Postcode: _____

Tel: _____

Email: _____