

This season  
**GIVE THE GIFT OF FITNESS**



**CAMBRIDGE  
FITNESS BUDDIES**

*Get Moving Twice a Week* for 10 weeks  
with your Cambridge Fitness Buddies  
Kicking off this January!

Invite 2 or more friends, co-workers, neighbors, or family to join you in a fitness activity of your choice (walking, trying out a local gym, etc)! The Fitness Buddies Program will provide you a free FitGift Pack, 3 free coaching workshops, pedometers, and support to help you and your Buddies get fit in 2006!

**FREE WORKSHOPS!**

**GREAT GIFTS!**

**ORIENTATION SESSIONS**

Wednesday, January 11

10.00 - 11.00 am, at Cambridge Water Department, 250 Fresh Pond Parkway  
Optional walk at Fresh Pond to follow!

Thursday, January 12

5.30 - 6.30 pm at City Hall Annex, 2nd Floor, 344 Broadway

*Call today for free beautiful invitation cards to give your Fitness Buddies this December and full details about the program!*

Contact Jeff Walker, Cambridge Public Health Department  
Tel 617.665.3834 Email [jwalker@challiance.org](mailto:jwalker@challiance.org)

Sponsored by Healthy Living Cambridge ~ A Community-Wide Campaign for Healthy Eating and Physical Activity