



Do you sometimes imagine yourself fit and strong, striding effortlessly down the road during an easy workout?

You know being more active makes you healthier, but maybe you are not sure how to get started?

This gradual 11-week program will help you comfortably begin and progress by walking, jogging and/or running at a pace that's right for you!

**WHEN:**

Thursdays beginning February 29 through May 9, 2024  
Workshop meets at 5:30 p.m. – 6:45 p.m., rain or shine.

**LOCATION:**

North Myrtle Beach Park & Sports Complex – Amphitheater  
150 Citizens Circle, Little River, SC 29566

**FORMAT:**

11 Weekly workshops include a group walk/run and brief topic: proper shoes, injury prevention, motivation, nutrition and more. Come dressed for activity. **Homework:** 2 additional workouts/week.

**WHO:**

Women from 12 to 112 -- bring your daughters, mothers, neighbors, co-workers and friends.  
No strollers or pets permitted. ***Always consult your doctor before beginning any exercise program.***

**GOAL:**

All who complete this program will be able to participate in a very special 5K (3.1 miles) event the final night.

**MENTORS:**

Female walking and running enthusiasts from the Grand Strand Running Club (GSRC) and others volunteer their time to support your progress.

**COST:**

\$40. Fee includes weekly topics by area experts, a graduation shirt (if earned – must attend 8 of 11 workshops) and a GSRC membership (\$20 value). Fees are non-refundable and non-transferable.

**REGISTER:**

- ♥ [www.FirstStridesNMB.com](http://www.FirstStridesNMB.com)
- ♥ \$40 includes 11 weekly workshops
- ♥ Registration closes on March 7. Waitlist is available.
- ♥ For more information, email [FirstStridesNMB.gsrg@gmail.com](mailto:FirstStridesNMB.gsrg@gmail.com)
- ♥ Facebook: First Strides NMB



[www.FirstStridesNMB.com](http://www.FirstStridesNMB.com)

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