



4x4

We are Committed to Getting You Fit. Are You?

Even small daily choices can help you feel better and live healthier.

Follow These

4 KEY HEALTHY BEHAVIORS:

1. Maintain a Healthy Diet
2. Engage in Regular Exercise
3. Get an Annual Physical Examination
4. Avoid All Tobacco Use and Exposure



Talk to Your Doctor About These

4 KEY HEALTH MEASURES:

1. Body Mass Index (BMI)
2. Blood Pressure
3. Cholesterol Level
4. Blood Glucose Level



For a list of free weekly *Commit to Fit!* classes or to register for upcoming *Commit to Fit!* challenges, visit commit2fit.com.