4x4 Ways to a Healthy Life in Flint & Genesee County.

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.

Learn more at commit2fit.com