We are Committed to Getting You Fit. Are You?

COMMIT TO FIT!
Live • Learn • Work • Play

4x4

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

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***