

Specific Activity:

- Change My Tobacco Use
- Improve My Food Choices
- Increase Physical Activity

- Improve My Sleep Habits
- Reduce My Stress
- Other: _____

What to Do:

Patient Name: _____

Commit to Fit! 4x4 Prescription for Health



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

4x4

Visit commit2fit.com

Join *Commit to Fit!* Today!

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

Go to www.commit2fit.com to track & achieve the goals of your prescription for health.