



COMMIT TO FIT! ORDER FORM

Thank you for your interest to help spread the Commit to Fit! movement throughout Flint and Genesee County. These materials are available free-of-charge to Genesee County organizations. Please indicate your order below.



“99 Ways” Brochure

Quantity



4x4 Pocket Card

Quantity



Prescription Pad

Quantity



Bill Stuffer

Quantity



Pledge Card

Quantity



Health Happen Here Rack Cards

Quantity



Nutrition Guidelines

Quantity



Outdoor Smoke Free Campus Sign

Quantity



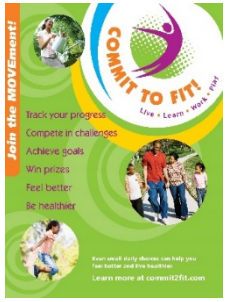
C2F! Rack Cards

Quantity



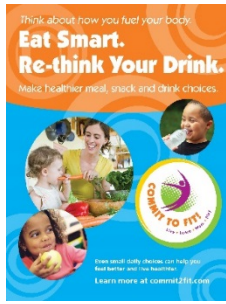
Indoor Smoke Free Campus Sign

Quantity



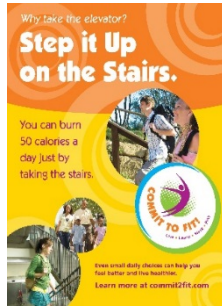
C2F! Movement Poster

Quantity



Eat Smart Movement Poster

Quantity



Step it Up on the Stairs Poster

Quantity



14 Things Poster

Quantity



Re Think Your Drink Poster Series

Quantity

Tool kits include a variety of helpful materials and resources



Physician's Toolkit

Quantity



Smoke Free Toolkit

Quantity



Breast Feeding Toolkit

Quantity

DELIVERY INFORMATION

Name: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Please return this form to:

Greater Flint Health Coalition
 519 S. Saginaw Street, Suite 306 Flint, MI 48502-1802
 Email: commit2fit@flint.org
 Phone: 810.232.2228 Fax: 810.232.3332





Commit to Fit! Material Descriptions

“99 WAYS” BROCHURE

This is the campaign’s primary print piece providing 99 practical ways to think about living a healthier and more active lifestyle.

RACK CARD

This piece provides an overview of the *Commit to Fit!* campaign’s key messages and can be distributed in a number of ways. Brochure holders are also available at no cost.

NUTRITION GUIDELINES

This document provides an simple overview of daily nutrition guidelines.

BILL STUFFER

For distribution with payroll, invoices, newsletters or letters.

PRESCRIPTION PAD

For physicians and health care providers to engage patients in their offices. This prescription for health pad addresses individual health goals and “prescribes” healthy activities, and can also refer individuals or patients to www.commit2fit.com as a follow-up.

PLEDGE CARDS

Pledge cards are a great tool to guide participants on setting goals for nutrition, exercise, and quitting smoking.

4x4 POCKET CARD

This small card acts as a reminder to practice the 4 healthy behaviors and 4 healthy measures supported by *Commit to Fit!* Provides individuals to write down their personalized goals.

POSTERS

Use these posters to promote the *Commit to Fit!* message, where appropriate, within your organization and community

PHYSICIAN’S TOOLKIT

The *Commit to Fit!* Physician’s Toolkit is a resource designed to improve patient weight and related factors of physical activity and nutrition. This Toolkit offers health referral resources to patients and suggests methods to improve the physician-patient relationship. Contained in this toolkit are the *Commit to Fit!* Weight Assessment: Adult and Child, Healthy Weight Plan: Adult and Child, *Commit to Fit!* Prescription Pad, and Supplemental Materials Order Form. It is available free-of-charge to physicians working in Genesee County.



COMMIT TO FIT!

Live • Learn • Work • Play