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.