



Join the MOVEment!

Track your progress
Compete in challenges
Achieve goals
Win prizes
Feel better
Be healthier



commit-2-fit.org



COMMIT TO FIT!

Live • Learn • Work • Play

Even small daily choices can help you feel better and live healthier.

You and your family deserve to live the healthiest lives possible. Even just a bit of activity can get you on your way to a healthier, longer life. Start moving in a healthier and happier direction by including fitness, healthy nutrition and drinking plenty of water throughout your day. The lifestyle choices you make now will affect your overall health.



Commit to Fit! Join everyone from a corporate CEO to your next door neighbor in our community-wide movement to live healthy. People throughout Genesee County are making a personal commitment to a healthier, more active lifestyle.

Start simple and build from there.



Learn more, make your *Commit to Fit!* pledge, start tracking your progress and win prizes by logging onto **commit-2-fit.org**.

Join in with your personal commitment to a more active, healthy lifestyle. Sign our "Commit to Fit" pledge online and track your progress. Or sign this pledge card and keep it with you as a reminder of your commitment to better health for you and your family.

() I Commit to Fit! Today, I made a commitment to a healthier lifestyle.

My Commitment/Goal _____

Name _____

Email _____

Chart your progress at **commit-2-fit.org**.